



# Hans de Jong Self Defence School

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_

## ROKKYU KIIRO OBI

### Tehodoki

Yubi dori	Ude ate maai	_____
Katate dori	Hazushi maai	_____
Ryo tekubi dori ue	Mae geri hazushi maai	_____
Ryo tekubi dori shita	Mae geri hazushi maai	_____
Morote kote dori ue	Hazushi maai	_____
Morote kote dori shita	Hazushi maai	_____
Morote kote dori suihei	Mae geri hazushi maai	_____
Morote kote dori suihei	Mae geri hazushi maai	_____
Morote kote dori suihei	Hazushi maai	_____

### Renkowaza

Yoko	Tekubi hishigi	_____
Ushiro	Tekubi hishigi	_____

### Kubitsukamishime

Mae	Sashi waza hiji ate	_____
Mae	Yubisaki ate hichu	_____
Mae	Tai gatame ude kujiki	_____
Mae	Tomoe nage	_____
Mae	Ude garami	_____
Mae	Tsurikomi goshi	_____
Antachi mae	Hiza ate atemi	_____
Antachi mae	Jumonji gatame ude kujiki	_____
Antachi mae	Hachi mawashi	_____

### Kubishime

Kata mawashi	Ippon seoi-nage	_____
Yoko	Te guruma tekubi hishigi	_____

### Tsuki

Mawashi	Ippon seoi-nage ka morote seoi-nage ka kata eri seoi-nage	_____
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### Kidori

Eri	Hiji ate kobushi ate	_____
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### Antachiwaza

Kakato ate	_____
Hiza basami tai gatame ude kujiki	_____

### Sukui

Mijikai	Hiza ate maai	_____
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### Keri

Mae geri	Tome waza sokuto uke ka juji otoshi uke	_____
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### Osaekomi

Ushiro	Handaken hiji ate	_____
Mae	Oyayubi ate jinchu	_____

TOTAL

Examiners Name \_\_\_\_\_

Pass/Regrade