Hans de Jong Self Defence School

Surname:_____ Given Name:_____

SHICHIKYU 7TH KYU RED BELT

All defences can be asked to be shown left, right, inside and/or outside

PART 1 DEMONSTRATION

Breakfalls (Ukemi)		Bridgefall		_____
		Backwards flat over an obstacle		_____
		Sideways flat over an obstacle		_____
		Forwards roll over an obstacle		_____
		Sideways roll over an obstacle		_____
Throwing Techniques (Nage waza) - demonstration with one attackers				
	Single lapel grip - low	Hip throw		_____
	Single lapel grip - high	Shoulder throw		_____
	Low punch	Minor inner reaping		_____
	Low punch	Minor outer reaping		_____
Body Movements (Taisabaki)		Flowing		_____
with an attacker and using any block		Entering		_____
		Entering rotation		_____
		Major entering rotation		_____
		Sliding		_____
		Dodging		_____
Unbalancing	Normal single wrist grip	Normal_____Same side_____	(avg)	_____
(Kuzushi)	Reverse single wrist grip	Reverse_____Same side_____	(avg)	_____
	Same side single wrist grip	Normal_____Same side_____	(avg)	_____
Locking Techniques (Kansetsu waza)		Arm entanglement		_____
demonstrate with two attackers, choice of attack		Side wrist lock		_____
		Wrist hand throw		_____
Basic Blocks and Attacks (Uke waza and atemi)				
	High punch	High block - punch		_____
	Middle Punch	Middle outside block - punch		_____
	Front snap kick	Low block – punch		_____
	Middle Punch	Middle inside block - side drive kick		_____
Form (Kata)	Wakai no kata	Technical analysis		_____
		Control of movement		_____

PART 2 REFLEX EXAMINATION

1. Normal single wrist grip	Minor outer reaping	_____
2. Rear single wrist grip and strangle	Forearm twist	_____
3. Single lapel grip - low	Side wrist lock	_____
4. Single lapel grip - low	Wrist hand throw	_____
5. Single lapel grip - low	Hip throw	_____
6. Single lapel grip - high	Shoulder throw	_____
7. Strangling straight - front	Atemi - body set arm breaking	_____
8. Low punch	Minor inner or outer reap	_____
9. Roundhouse punch	Atemi - arm entanglement	_____
10. High punch	Atemi - body set arm breaking	_____
11. Stick - overhead attack	Wrist twist	_____
12. Knife - upward thrust	Wrist twist or wrist crush	_____
13. Knife - overhead attack	Wrist twist	_____
14. Restraining techniques	Arm turning	_____
15. Restraining techniques	Variant arm entanglement	_____

TOTAL ☐

Examiners Name _____ Pass/Regrade