



# Hans de Jong Self Defence School

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

## HACHIKYU 8TH KYU RED AND WHITE BELT

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

### PART 1 DEMONSTRATION

<b>Breakfalls (Ukemi)</b>	Forwards roll	_____
	Backwards roll	_____
	Sideways roll	_____
	Bridgfall	_____
	Forwards roll over an obstacle	_____
	Sideways roll over an obstacle	_____
	Backwards flat over an obstacle	_____

<b>Basic Blocks and Attacks (Uke waza and atemi)</b>	Front roundhouse kick	_____
	Back Side Drive Kick	_____
	Front Side Drive Kick	_____
	Technical analysis	_____
	Control of movement	_____

<b>Form (Kata)</b>	Happoken kata	_____
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------(This section requires attackers)-----

<b>Body Movements (Taisabaki)</b> with an attacker and using any block	Flowing with front snap kick	_____
	Entering	_____
	Entering rotation	_____
	Major entering rotation	_____
	Sliding	_____

<b>Unbalancing (Kuzushi)</b> with atemi	Normal single grip on sleeve - low	_____
	Normal single grip on sleeve - high	_____
	Front both wrists grip	_____
	Rear single wrist grip and strangle	_____

<b>Locking Techniques (Kansetsu waza)</b> demonstrate with two attackers defender's choice of attack	Wrist crush	_____
	Variant arm entanglement	_____
	Forearm twist	_____

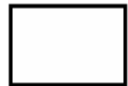
<b>Basic Blocks and Attacks (Uke waza and atemi)</b>	Overhead hit	Flowing - brushing block - punch	_____
	High punch	Entering - brushing block - punch	_____
	Backhand hit	Entering - double block - punch	_____
	Front snap kick	Flowing - brushing block - punch	_____

### PART 2 REFLEX EXAMINATION

1. Normal single wrist grip	Wrist crush	_____
2. Rear both wrists grip	Forearm twist	_____
3. Grip on the sleeve	Arm turning	_____
4. Single lapel grip	Variant arm entanglement	_____
5. Push on the chest	Body set arm breaking	_____
6. Double hit - overhead attack	Arm turning	_____
7. Side drive kick	Block – punch or takedown	_____
8. Low punch	Wrist twist	_____
9. Low punch	Wrist crush	_____
10. Stick - overhead attack	Wrist twist	_____

**Etiquette and Conduct** \_\_\_\_\_

**TOTAL**



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

Pass/Regrade