



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

KUKYU 9TH KYU BROWN AND WHITE BELT

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

PART 1 DEMONSTRATION

Breakfalls (Ukemi)

- Forwards roll _____
- Backwards roll _____
- Sideways roll _____
- Forwards flat _____
- Backwards flat _____
- Sideways flat _____

Basic Blocks and Attacks (Uke waza and atemi)

- High block _____
- Middle outside block _____
- Middle inside block _____
- Low block _____
- Front snap kick _____
- Punch - with step _____

-----*(This section requires attackers)*-----

Body Movements (Taisabaki) - with an attacker and using any block

- Flowing _____
- Entering _____
- Entering rotation _____

Unbalancing (Kuzushi)

- | | | |
|-----------------------------|-----------|-------|
| Normal single wrist grip | Normal | _____ |
| Same side single wrist grip | Same side | _____ |
| Reverse single wrist grip | Reverse | _____ |
| Rear both wrists grip | Rear | _____ |
| Front both wrists grip | Same side | _____ |

Unbalancing (Kuzushi) - Blocking (Uke)

- | | | |
|---------------|----------|-------|
| Low punch | Pulling | _____ |
| Low punch | Pushing | _____ |
| Low punch | Grabbing | _____ |
| Downwards hit | Brushing | _____ |

Locking Techniques (Kansetsu waza) - demonstrate with two attackers, defender's choice of attack

- Wrist twist _____
- Arm turning _____
- Body set arm breaking _____

PART 2 REFLEX EXAMINATION

- | | | |
|---|-------------------------------|-------|
| 1. Normal single grip on the sleeve - low | Body set arm breaking | _____ |
| 2. Low punch | Arm turning | _____ |
| 3. High punch | Atemi - body set arm breaking | _____ |
| 4. Backhand hit | Wrist twist | _____ |
| 5. Front snap kick | Brushing block - punch | _____ |

Etiquette and Conduct

TOTAL

Examiners Name _____

Pass/Regrade