



DATE:

GRADED BY:

STUDENT NAME
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COMMENTS



1. SELECT 3 TO 4 SINGLE OR COMBINATION TECHNIQUES TO ILLUSTRATE THE FOLLOWING ↓

Bow in Procedure						
Hip Action						
Technique Placement						
Hand Placement						
Push/Pull Action						

2. SHINAI STRIKES ↓

Snap of Technique						
Control of Technique						
Placement of Technique						

3. TWO-LINE TECHNIQUES (Observe: Technique Placement and Control Grip) ↓

Osato Uki						
Udi Uki						

4. HAND CHANGING TECHNIQUE - SELECT TO ILLUSTRATE ↓

Left Side						
Right Side						
Left and Right Combination						

5. LOW BLOCK ↓

Side to Side						
Forward						

6. INSIDE BLOCK STRIKE COMBINATION →


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7. HOOKING TECHNIQUE FOR A KICK - SOKUI UKI →

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TOTAL NUMBER OF PASS

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		COMMENTS ↓					
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8. Natural Stance and Offensive Grip ↓		Combination Strikes					
		Observe: Placement, Shifting, Hip Action, Distancing, Hand Reversals					
Bicep Strike, Empi Strike and Cross Body Collarbone Strike							
9. Natural Stance and Defensive Grip ↓		Submission Techniques					
		Observe: Control, Fluency, Placement					
Cross Body High Block Hand Reversal and Udi Uki							
Arm Strike							
Kick Block							
10. KATA ↓		Observe: Seguencing, Sokui Uki Sequence, Osato Uki Sequence, Bunting Sequence					
Shindo Nidan							
Ciobotie (Completion of kata with correct moves)							
TOTAL NUMBER OF PASS							
TOTAL PASS GRADE FROM PAGE 1							
GRAND TOTAL							
(P) PASS - (F) FAIL							
MARKING: (P) Pass (F) Fail Total of 23 Movements/Techniques 16 Passed Techniques are required to Advance							
ADDITIONAL COMMENTS							