



DATE:

GRADED BY:

STUDENT NAME
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COMMENTS



BASIC AND INTERMEDIATE REVIEW - SELECT 5 COMBO TECHNIQUES TO ILLUSTRATE THE FOLLOWING:

Strike Areas						
Technique Placement						
Grip Types						
Angle of Grip						
Grip Changes						
Hand Placement						
Hip Action						
Push/Pull Action						
Taisabaki						
Technique Control						
Arm Bar Technique						
Take Down Technique						

NIHON KUMITE ADVANCED SHINDO TECHNIQUES

Technique 1:	NAME OF TECHNIQUE					
Technique 2:	NAME OF TECHNIQUE					
Technique 3:	NAME OF TECHNIQUE					
Technique 4:	NAME OF TECHNIQUE					
Technique 5:	NAME OF TECHNIQUE					
Technique 6:	NAME OF TECHNIQUE					
Technique 7:	NAME OF TECHNIQUE					
Technique 8:	NAME OF TECHNIQUE					

TOTALS

33 AREAS FOR ADVANCEMENT
75% OR 25 PASS MARKS TO ADVANCE



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Technique 9:	NAME OF TECHNIQUE							
Technique 10:	NAME OF TECHNIQUE							
Technique 11:	NAME OF TECHNIQUE							
Technique 12:	NAME OF TECHNIQUE							

KATA

Shindo Nidan								
Cio Bo Tie								
Sei Shan No Shindo								

JUJI KUMITE (CONTROLLED)

Technique Control								
Technique Placement								
Blocking								
Control of Shindo								
Proper Grips								
Bow In/Out Procedures								

TOTALS								
TOTALS FROM PAGE 1								
GRAND TOTAL								
(P) PASS - (F) FAIL								

**33 AREAS FOR ADVANCEMENT
75% OR 25 PASS MARKS TO ADVANCE**

ADDITIONAL COMMENTS