MARKING: (P) Pass (F) Fail
Total of 23 Movements/Techniques
16 Passed Techniques are required to Advance

							To Passed Techniques are required to Advance		
DATE: GRADED BY:							COMMENTS		
1. SELECT 3 TO 4 SINGLE OR COMBINATION TECHNIQUES TO ILLUSTRATE THE FOLLOWING ↓									
Bow in Procedure									
Hip Action									
Technique Placement			•						
Hand Placement							1		
Push/Pull Action									
2. SHINAI STRIKES ↓									
Snap of Technique					<u> </u>				
Control of Technique									
Placement of Technique									
3. TWO-LINE TECHNIQUES (Observe: Technique	Placem	ent and	Control (Grip) ↓					
Osato Uki									
Udi Uki									
4. HAND CHANGING TECHNIQUE - SELECT TO IL	LUSTRA	TE ↓							
Left Side									
Right Side									
Left and Right Combination									
5. LOW BLOCK ↓									
Side to Side									
Forward									
6. INSIDE BLOCK STRIKE COMBINATION →									
7. HOOKING TECHNIQUE FOR A KICK - SOKUI UKI →									
TOTAL NUMBER OF PASS									

MARKING: (P) Pass (F) Fail Total of 23 Movements/Techniques 16 Passed Techniques are required to Advance

DATE: GRADED BY:							COMMENTS			
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 Seguence, Osato Uki Seguence, Bunting Sequence									
Shindo Nidan										
Ciobotie (Completion of kata with correct moves)										
TOTAL NUMBER OF PASS										
TOTAL PASS GRADE FROM PAGE 1							MARKING: (P) Pass (F) Fail Total of 23 Movements/Techniques			
GRAND TOTAL							16 Passed Techniques are required to Advance			
(P) PASS - (F) FAIL										
ADDITIONAL COMMENTS			_	-	_	_				