

## SENIOR 7<sup>TH</sup> KYU GRADING SHEET – ORANGE BELT

### NAGE WAZA (THROWING TECHNIQUES)

TECHNIQUE	/10	ADDITIONAL COMMENTS
O UCHI GARE		
IPPON SEOI NAGE		
KUBI NAGE		

### UKEMI WAZA (BREAKFALLING TECHNIQUES)

	<b>/10</b>
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### NE WAZA (GROUND TECHNIQUES)

TECHNIQUE	/10	ADDITIONAL COMMENTS
MODIFY THE MOUNT		
REAR MOUNT (FROM MM)		
PREVENT GET-UP (MM)		
KAMI SHIHO GATAME		

### ATEMI WAZA (STRIKING TECHNIQUES)

TECHNIQUE	/10	ADDITIONAL COMMENTS
MAWASHI GERI		
HIZA AGE UCHI		
MAWASHI EMPI		

### GOSHIN WAZA (SELF DEFENCE TECHNIQUES)

TECHNIQUE	/10	ADDITIONAL COMMENTS
FRONTAL STRANGLE (1 HAND)		
AS ABOVE (ADVANCING)		
FRONTAL STRANGLE (2 HAND)		
REAR NECK HUG (PULLING)		

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### JIYU WAZA (FREESTYLE TECHNIQUES)

TECHNIQUE	/10	ADDITIONAL COMMENTS
NAGE WAZA		
NE WAZA		
ATEMI WAZA		
GOSHIN WAZA		

### SHIME / KIME WAZA (FINISHING TECHNIQUES)

TECHNIQUE	/10	ADDITIONAL COMMENTS
JUJI GATAME COUNTERS (5)		
JUJI GATAME DEFENCES (5)		

### TOKUI WAZA (FAVOURITE TECHNIQUE)

**/10**

### BUSHIDO / COMMENTS

STUDENT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

EXAMINED BY: \_\_\_\_\_ SIGNED: \_\_\_\_\_

SCORE: \_\_\_\_\_

PASS / FAIL