

SENIOR 8TH KYU GRADING SHEET – YELLOW BELT

NAGE WAZA (THROWING TECHNIQUES)

| TECHNIQUE | /10 | ADDITIONAL COMMENTS |
|-------------|-----|---------------------|
| O SOTO GARE | | |
| O GOSHI | | |
| TANI OTOSHI | | |

UKEMI WAZA (BREAKFALLING TECHNIQUES)

| |
|-----|
| /10 |
|-----|

NE WAZA (GROUND TECHNIQUES)

| TECHNIQUE | /10 | ADDITIONAL COMMENTS |
|-----------------------|-----|---------------------|
| KESA GATAME | | |
| MUNE GATAME | | |
| TATE SHIHO GATAME | | |
| FULL GUARD (INC. SD1) | | |

ATEMI WAZA (STRIKING TECHNIQUES)

| TECHNIQUE | /10 | ADDITIONAL COMMENTS |
|---------------------|-----|---------------------|
| KIZAMI ZUKI | | |
| CHOKU ZUKI | | |
| KAGI ZUKI | | |
| FUMIKOMI GERI | | |
| 8TH KYU COMBINATION | | |

GOSHIN WAZA (SELF DEFENCE TECHNIQUES)

| TECHNIQUE | /10 | ADDITIONAL COMMENTS |
|-------------------------|-----|---------------------|
| HANDSHAKE WRIST GRAB | | |
| DOUBLE STRANGLE (FRONT) | | |
| KAGI ZUKI DEFENCE | | |

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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 |
|------------------------|-----|---------------------|
| URA HADAKA JIME GAESHI | | |
| NAMI JU JI JIME GAESHI | | |
| UDE GARAME GAESHI | | |

TOKUI WAZA (FAVOURITE TECHNIQUE)

/10

BUSHIDO / COMMENTS

STUDENT NAME: _____ DATE: _____

EXAMINED BY: _____ SIGNED: _____

SCORE: _____ PASS / FAIL