



**NIMON 2ND MON BLUE AND WHITE BELT**

*All defences can be asked to be shown left, right, inside and/or outside*

	Technique Group	Attack	Demo : Defence	Grade
1	<b>breakfalls</b> (ukemi)		forwards roll	
2			backwards roll	
3			forwards flat	
4			backwards flat	
5	<b>body movements</b> (taisabaki)	with attacker & using pushing, pulling or grabbing block	flowing	
6			entering	
7			entering rotation	
8	<b>basic blocks and attacks</b> (uke waza and atemi)		middle inside block	
9			middle outside block	
10			front roundhouse kick	
11		front snap kick	flowing brushing block	
12	<b>unbalancing</b> (kuzushi)	normal single wrist grip	normal	
13		same side single wrist grip	same side	
14	<b>locking techniques</b> - demonstrate with two attackers (kansetsu waza)	normal single wrist grip	wrist twist	
15		low punch	forearm twist	
	<b>etiquette and conduct</b>			
	<b>TOTAL</b>			

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO