



**ICHIMON 1ST MON RED & WHITE BELT**  
*min. 2 months attendance*

**PART A - KIHON**

(ZKD = zenkutsu dachi) (KKD = kokutsu dachi) (KBD = kiba dachi)

**TSUKI WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	OI TSUKI JODAN MAWATE	
ZKD – GEDAN BARAI	OI TSUKI CHUDAN MAWATE	

**UKE WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	GEDAN BARAI	

**GERI WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	MAE GERI	

**PART B - KUMITE**  
**KIHON IPPON KUMITE**

ATTACK	DEFENCE	ATEMI	GRADE
CHUDAN MAE GERI	GEDAN BARAI	CHUDAN GYAKU TSUKI	

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