



**NIMON 2ND MON YELLOW & WHITE BELT**  
*min. 3 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	
ZKD – GEDAN BARAI	AGE UKE	

**GERI WAZA**

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

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

**PART B - KATA**

KATA	TECHNICAL	ATTITUDE	GRADE
TAIKYOKU SHODAN (1ST HALF)			

**PART C - KUMITE**  
***KIHON IPPON KUMITE***

ATTACK	DEFENCE	ATEMI	GRADE
CHUDAN MAE GERI	GEDAN BARAI	CHUDAN GYAKU TSUKI	
JODAN TSUKI	AGE UKE	CHUDAN GYAKU TSUKI	

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