



1ST MON YELLOW AND WHITE BELT



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

	Technique Group	Attack	Demo : Defence	Grade
1	breakfalls (ukemi)		forwards roll	
2			backwards roll	
3	body movements (taisabaki)		flowing	
4			entering	
5	basic blocks and attacks (uke waza and atemi)		punch - with step	
6			front snap kick	
7	Unbalancing (kuzushi)	normal single wrist grip	normal unbalancing	
8	locking techniques - demonstrate with two attackers (kansetsu waza)	top strike	wrist twist	
9		low punch	wrist twist	
	etiquette and conduct			
	TOTAL			

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