



Grading sheet: White to Yellow Belt

Grading charge \$15

Student: _____

Instructor: _____ Date: _____

Te Waza First 10 movements

Applicants may be tested on any of the following at the discretion of the grading board

Japanese terminology

Club Etiquette

Dachi	Stances	Completed
hachiji dachi	ready stance	_____
kiba dachi	Horsereiding stance	_____
kiyotsuke (heisoku) dachi	attention stance	_____
kokutsu dachi	back stance	_____
zenkutsu dachi	forward stance	_____

Tsuki	Punches	Completed
gyaku-tsuki	reverse punch	_____
oi-tsuki	lunge punch	_____
tettsui	bottom fist (hammer fist)	_____
uraken	back fist	_____

Geri	Kicks	Completed
mae geri	front kick	_____
mawashi geri	roundhouse kick	_____
ushiro geri	back kick	_____
yoko geri	side kick	_____

Uke	Blocks	Completed
gedan barai uke	low block	_____
jodan uke	face block	_____
soto uke	outside chest block	_____
uchi uke	inside chest block	_____

Kata	Forms	Completed
heian shodan (2)	peaceful mind, one	_____
taikyoku shodan (1)	first cause	_____