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| |  | | --- | | = | |  | |  | |  |  | | --- | --- | | **Grading Test 7th Kyu** **C:\Users\Eshan\Documents\Karate Website Stuff\b_orange.gif** | | | **Name of Student**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | **Dachi = Stances**: | Sanchin Dachi | | **Punches**: | Uraken Uchi - Yoko (Side) Vertical  Uraken Uchi - Yoko (Side) Horizontal  Uraken Uchi - Mae (Front)   Nukite Uchi (Spear Hand Strike)   Shuto Uchi (Knife Hand Strike - Outer)   Shuto Uchi (Knife Hand Strike - Inner) | | **Kicks:** | Yoko Geri Keekomi (Side Thrust Kick)  Yoko Geri Keege (Side Snap Kick - High)  Ushiro Geri (Reverse Kick) | | **Blocks:** | Morote Uke (Double Hand Block)  Shuto Gedan Barai (Knife Hand Down Block)  Shuto Soto Uke (Knife Hand Inner Block)  Shuto Uchi Uke (Knife Hand Outer Block)  Shuto Age Uke (Knife Hand Rising (Upper) Block) | | **Kata:** | [Kensei Nidan](https://www.youtube.com/watch?v=oOJPqNehIVs)  Heian Nidan | | **Kumite:** | Ippon: 4, 5 ,6  Sunbon: 1,2,3 | | **Self Defence**: | Neck Holds | | **Past Syllabus-Mandatory** | Should know all Past syllabus &  will be tested randomly-  Dojo kun, Kumites Included | | **Tameswari  ( Breaking Technique):** | 1/2" x 1 with Seiken Zuki | | **Examiner**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Total Marks**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |   © Copyright 1998 Karate Do Kenseikan Canada |





