

TenShin Budo Kai Dojo

1st Kyu Test / Today's Date _____

Name: _____ Telephone: _____

Address: _____

Current Rank: _____ Last Test Date: _____

Technique	<i>Posture</i>	<i>Ki-musubi</i>	<i>Ashi Sabaki</i>	<i>Te Sabaki</i>	<i>Hanmi</i>	<i>Overall</i>	Comments
2 to 5 variations on each attack or technique							
Katate Dori							
Morote Dori							
Ryote Dori							
Mune Dori							
Ushiro Tekubi Dori							
Kao Tuski							
Hanmi Handachi							
Ushiro Kubishime							
Ushiro Kata Dori							
5 variations on each attack or technique							
Shomenuchi							
Yokomenuchi							
Kata dori (Omote & Ura Waza, Tachi & Suwari Waza)							
Ikkyo							
Nikkyo							
Sankyo							
Yonkyu							
Demonstrate the Following							
All Ukemi							
3 man randori (full speed)							