

TenShin Budo Kai Dojo

7th 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
Demonstrate the following Atemi							
Shomenuchi							
Yokomenuchi							
Kao Tuski							
Mune Tuski							
Geri Waza (Kicking)							
Mae Geri							
Yoko Geri							
Kihon Ukemi (Tachi / Suwari Waza)							
Mae Ukemi							
Ushiro Ukemi							
Yoko Ukemi							
Mae Sutemi							
Ushiro Sutemi (Standing Only)							
Mae Ukemi (No Hands)							
Tai Sabaki							
Tenkan							
Tai No tenkan							
Irimi							
Soto Kiri (Ura)							
Ukenagash							
Suriage (Irimi)							
Shikko Sabaki							
Kihon Waza							
Tai No Henko (Katate Dori)							
Tai No Tenkan (Kosa Dori)							
Kokyu Dosa							
Happo Undo							
2 Man Evasion (1/3 Speed)							
Dojo Etquitte							
Entering the mat							
Starting Class							
Ending Class							
Towards Others							
Leaving the mat							