

**GSMA 1st Blue Belt Review and Test for next rank** (page 1)

**1st Blue Belt- Gokyu**

**More rolls and falls** – written in your notebook\_\_\_\_\_

**All previous arts** – written in your notebook\_\_\_\_\_

**Nage**

written in your notebook\_\_\_\_\_

**#13 Tsurikomi Goshi** - lift-pull hip, sleeve tip Ogoshi

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#14 Harai Goshi** - sweep hip, outside lower leg throw

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#16 Uki Otoshi** - floating drop, kneeling pivot throw

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#17 Makikomi** - winding - pulling, capture shoulder pivot dropping throw

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#18 Kane Sute** - crab throw, scissors throw

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**Shime**

written in your notebook\_\_\_\_\_

**#6 Ushiro Gatame** - rear hold down, full nelson on collar, drop Uke to rear

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#11 Hadaka Jime Ichi** - naked choke 1 (a) neck break (b)strangle crush

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#12 Hadaka Jime Ni** - naked choke 2, (a) blood choke (b) strangle crush

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#13 Hadaka Jime San** - naked choke 3, figure 4 arm blood choke

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#15 Osaegami Jime** - holding hair constriction, neck break

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**#24 Shidare Fuji Jime** - hanging wisteria constriction, toe choke

Date of solo and throwing dummy live or Video submitted\_\_\_\_\_

**GSMA 1st Blue Belt Review and Test for other ranks** (page 2)

**Atemi/Keri Te/Uke Te** written in your note book\_\_\_\_\_

**Atemi**

**Atemi Ichi** - strike to face 1 under nose

Date of solo art Video submitted\_\_\_\_\_

**Atemi Ni** - strike to face 2 under chin

Date of solo art Video submitted\_\_\_\_\_

**Atemi San** - strike to face 3 side of jaw

Date of solo art Video submitted\_\_\_\_\_

**Atemi Shi** - strike to face 4 to temple

Date of solo art Video submitted\_\_\_\_\_

**Kasumi Dori** - glancing strike to side of neck

Date of solo art Video submitted\_\_\_\_\_

**Hibara Uchi** - elbow strike to ribs

Date of solo art Video submitted\_\_\_\_\_

**Sei Getsu** - strike to solar plexus

Date of solo art Video submitted\_\_\_\_\_

**Hon Getsu** - strike to navel area

Date of solo art Video submitted\_\_\_\_\_

**Kin Geri** - knee to groin

Date of solo art Video submitted\_\_\_\_\_

**Keri Te - Kicks**

**Tonbo Geri** - rolling kick - Date of solo art Video submitted\_\_\_\_\_

**Mae Geri** - front snap kick - Date of solo art Video submitted\_\_\_\_\_

**Mawashi Geri** - roundhouse kick - Date of solo art Video submitted\_\_\_\_\_

**Yoko Geri** - side kick - Date of solo art Video submitted\_\_\_\_\_

**Mae Tobi Geri** - jumping snap kick - Date of solo art Video submitted\_\_\_\_\_

**Uke Te - Blocks**

**Jodan Uke** - upper level block - Date of solo art Video submitted\_\_\_\_\_

**Nagashi Uke** - parry block - Date of solo art Video submitted\_\_\_\_\_

**Shuto Uke** - knife hand block - Date of solo art Video submitted\_\_\_\_\_

**Gedan Uke** - low level block - Date of solo art Video submitted\_\_\_\_\_