

**GSMA 3rd Blue Belt review and web based test for ranks**

Students name \_\_\_\_\_ Date \_\_\_\_\_

Current rank \_\_\_\_\_

Testing for the next rank of \_\_\_\_\_

All of the following arts are in my notebook \_\_\_\_\_  
initials

List basic rolls and falls \_\_\_\_\_

List some strikes and blocks \_\_\_\_\_

Describe a defensive stance \_\_\_\_\_

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**Yawara**

#1 Katate Hazushi Ichi - escape from an outside wrist grip

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

#2 Katate Hazushi Ni - escape from an inside wrist grip

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

#3 Ryote Hazushi - escape from a double hand grab

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

#4 Morote Hazushi - escape from two hands on one arm

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

#5 Yubi Tori Hazushi - finger hold escape

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

#6 Momiji Hazushi - escape from a two hand choke

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

#8 Yubi Tori - finger lock

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

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**Nage**

**Deashi Harai**

advancing foot sweep

Date of solo and throwing dummy

Video submitted \_\_\_\_\_

**Soto Gama**

Outside ankle hook throw

Date of solo and throwing dummy

Video submitted \_\_\_\_\_

**Ogoshi**

major hip throw

Date of solo and throwing dummy

Video submitted \_\_\_\_\_