

1st Dan self-assessment

For each item grade yourself out of 5 according to the following guide:

- 1. Have done little or no work on this section
- 2. Can work through section only with notes and Sensei's input
- 3. Can work through section using the notes frequently
- 4. Can work through the section referring to notes occasionally
- 5. Notes not required, section is close to or at grading standard

This self-assessment is intended only to highlight areas that require more attention. The marks do not relate to the grading marking system and should not be used to predict a final mark.

Date					
1. 30 throws					
2. The open hand and its uses.					
3. The elbow and its uses.					
4. Counters to throws.					
Hip throw					
Drawing ankle					
Shoulder wheel					
Full shoulder					
Body drop					
Reclining leg/ leg throw					
Outer hook					
Stomach throws					
Half shoulder					
5. Inside leg sweep.					



6. The bottom fist / back fist and their uses.					
7. Attacking the eyes and ears.					
8. Combination throws.					
9. Lunge punch, reverse punch to body and face.					
10. Kata					
11. Inside forearm block, back fist and throw.					
12. Counters to kicks.					
Front kicks					
Roundhouse kicks					
Back kicks					
Axe kick					
Crescent kick					
13A. Palm heel block with attack.					
13B. Palm heel strikes.					
14. One handed throat throw.					
15. Use of upward X block to pull onto knee.					
16. Using upward blocks with throws.					
17. knife attacks.					
18. Defences against a sparring partner who kicks.					
19. The four most used kicks in jujitsu.					
20. Defence against side snap kick.					
21. Baton defence.					
22. Two most dangerous throws.					
23. 2 out of 5 basic weapons Katas.					
Anatomy					