

10th Kyu
(Monthly Grading Tests)

1	Migi-hanmi-Kamae
2	Hidari-hanmi-Kamae
3	Seiza-ho
4	Shikko-ho
5	Zenpokaiten-Ukemi
6	Koho-Ukemi
7	Kamae-niyoru-Atemi (Shomen-uchi, Tandoku-dosa)
8	Kamae-niyoru-Atemi (Tsuki, Tandoku-dosa)
9	Kamae-niyoru-Atemi (Shomen-zuki, Tandoku-dosa)
10	Kamae-niyoru-Atemi (Sotai-dosa)
11	Shumatsu-dosa (1)
12	Shumatsu-dosa (2)