

**8<sup>th</sup> Kyu**  
(Monthly Grading Tests)

<b>1</b>	<b>Migi-hanmi-Kamae &amp; Hidari-hanmi-Kamae</b>
<b>2</b>	<b>Seiza-ho &amp; Shikko-ho</b>
<b>3</b>	<b>Koho-ukemi</b>
<b>4</b>	<b>Forward roll or Zenpo-kaiten-ukemi</b>
<b>5</b>	<b>Aikiken 1-8</b>
<b>6</b>	<b>Uraken-uchi Shumatsu-dosa (1)(2)</b>
<b>7</b>	<b>Uraken-uchi Shumatsu-dosa (1)(2) with Tanto</b>
<b>8</b>	<b>Kata-oshi/Body-push Sankajo</b>
<b>9</b>	<b>Uraken-uchi Sankajo</b>