

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

<b>1</b>	<b>Migi-hanmi-Kamae</b>
<b>2</b>	<b>Hidari-hanmi-Kamae</b>
<b>3</b>	<b>Seiza-ho</b>
<b>4</b>	<b>Shikko-ho</b>
<b>5</b>	<b>Zenpokaiten-Ukemi</b>
<b>6</b>	<b>Koho-Ukemi</b>
<b>7</b>	<b>Tai-no-henko (1) - tandoku-dosa</b>
<b>8</b>	<b>Tai-no-henko (2) - tandoku-dosa</b>
<b>9</b>	<b>Hiriki-no-yosei (1) – Sotai-dosa</b>
<b>10</b>	<b>Hiriki-no-yosei (2) – Sotai-dosa</b>
<b>11</b>	<b>Shumatsu-dosa (1) – Sotai-dosa</b>
<b>12</b>	<b>Shumatsu-dosa (2) – Sotai-dosa</b>
<b>13</b>	<b>Shomen-uchi Ikkajo-osae (1)</b>
<b>14</b>	<b>Yokomen-uchi Ikkajo-osae (2)</b>
<b>15</b>	<b>Katate-mochi Ikkajo-nage Renzoku</b>