



## NAGE NO KATA

**CANDIDATE:** \_\_\_\_\_

	COMMENTS	SCORE /10
INTRODUCTION		
FIRST SET - ONE		
FIRST SET - TWO		
FIRST SET - THREE		
RE-SET		
SECOND SET - ONE		
SECOND SET - TWO		
SECOND SET - THREE		
RE-SET		
THIRD SET - ONE		
THIRD SET - TWO		
THIRD SET - THREE		
RE-SET		
FOURTH SET - ONE		
FOURTH SET - TWO		
FOURTH SET - THREE		
RE-SET		
FIFTH SET - ONE		
FIFTH SET - TWO		
FIFTH SET - THREE		
ENDING		
TOTAL SCORE:		<b>/ 210</b>