



NIKYU MURASAKI OBI

	Technique Group	Attack	Demo : Defence	Grade
1	tehodoki	ryo te dori ushiro	te gatame ude kujiki	
2	kubitsukamishime	mae, uke kawashi	yoko tomoe nage atemi	
3		ushiro	teगतana tsurigane atemi	
4		ushiro	kake te - kobushi ate ka yubisaki ate	
5		ushiro	fumi waza shitsu	
6		yoko	uchi mata jumonji gatame ude kujiki	
7		yoko	harai goshi	
8		antachi ue	kobushi ate sekito ate	
9		antachi ue	haito ate	
10		antachi ue	yubisaki ate tekubi hishigi	
11	kubishime	yoko	atemi sukui nage tokuiwaza	
12		jodan mae	kawashi waza kakato ate	
13		jodan yoko	kawashi waza kakato ate	
14	ushirotori	takai	kawashi waza hiji ate suigetsu tettsui ate hiji	
15	maetori	kakari	morote uke ka moroude uke - o soto gari	
16	kidori	ryo sode	ude garami henka waza	
17	antachiwaza	ue, zenpo ka yoko	ude gatame ashi kujiki	
18		kuginuki	hiji ate atemi	
19		kuginuki	kubi gaeshi hishige	
20		kuginuki	ashikubi hishigi	
21	sukui	nagai	teगतana ka kobushi ate	
22		mijikai	hiji ate ka uraken	
23	keri	mae sekito	morote tori uke ashikubi ate	
24		mae hiza	o uchi gari atemi ka kensetsu waza	
25	tantodori	tsukikomi	soto kagi geri ka mikazuki geri, yoko tekubi hishigi ka ude kujiki	
26		tsukikomi	uchi mata geri, yoko tekubi ka ude, kujiki	
27	emonodori	pisutoru ushiro	soto tekubi hishigi hiza ate	
28		pisutoru ushiro	uchi ura ude gatame ude kujiki	

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO



堤宝山流柔術

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29	kendori	kiri oroshi	tai ka hara, gatame ude kujiki	
30	kogekiwaza		kakato ate	
31			hasami gaeshi	
32	renzokuwaza	tomoe nage hiza gatame ude kujiki	hiza gatame ude kujiki	
33			ashi gatame ude kujiki	
34			dojime	
35			kami jumonji gatame ude kujiki	
36	kansetsuwaza	seoi nage	ashi gatame ude kujiki	
37			hiza gatame ude kujiki	
38			tekubi hishigi	
39			tai gatame ude kujiki	
40			jumonji gatame ude kujiki	
41		te guruma	kubi hishigi	
42			tekubi hishigi	
43			tai gatame ude kujiki	
44			jumonji gatame ude kujiki	
45			tekubi hishigi	
46	mekura no waza		10 techniques	
	TOTAL			

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