



堤宝山流柔術

SANMON 3RD MON GREEN AND WHITE BELT

All defences can be asked to be shown left, right, inside and/or outside

	Technique Group	Attack	Demo : Defence	Grade
1	breakfalls (ukemi)		forwards roll	
2			backwards roll	
3			sideways roll	
4			forwards flat	
5			backwards flat	
6			sideways flat	
7	body movements (taisabaki)	demonstrate with block	flowing	
8			entering	
9			entering rotation	
10			sliding	
11	basic blocks and attacks (uke waza and atemi)		side drive kick	
12			front snap kick	
13			front roundhouse kick	
14			punch with step	
15		front roundhouse kick	double block - punch	
16	unbalancing (kuzushi)	normal single wrist grip	normal	
17		same side single wrist grip	same side	
18		reverse single wrist grip	reverse	
19	locking techniques - demonstrate with two attackers (kansetsu waza)	defender choice of attack	wrist twist	
20			forearm twist	
21			arm turning	
22			body set arm breaking	
	etiquette and conduct			
	TOTAL			

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