



**YONKYU MIDORI OBI**

	Technique Group	Attack	Demo : Defence	Grade
1	<b>tehedoki</b>	ryo tekubi dori ue	te gatame ude kujiki	
2		ryo tekubi dori shita	morote gari	
3	<b>renkowaza</b>	mae ka yoko	yubi hishigi	
4		mae ka yoko	ude gatame ude kujiki	
5	<b>kubitsukamishime</b>	mae	genseki otoshi	
6		mae	tomoe nage - ashi gatame ude kujiki	
7		antachi mae	hachi mawashi - atemi	
8		antachi mae	tai gatame ude kujiki	
9	<b>kubishime</b>	ushiro	obi otoshi - atemi	
10		mae	kakato ate - yoko otoshi - ude garami henka waza	
11		mae	kakato ate - yoko otoshi - tai gatame udekujiki	
12		mae	kakato ate - yoko otoshi - yoko ukemi ude garami	
13	<b>tsuki</b>	jodan mae	kakato gaeshi - ude gatame ashi kujiki ka atemi	
14		jodan mae ka yoko	kawashiwaza - kakato ate	
15	<b>kidori</b>	eri	uki goshi	
16		sode	ude garami henka waza	
17		sode	morote ude gatame ude kujiki	
18	<b>antachiwaza</b>		kakato ate - ude gatame ashi kujiki	
19			hiza basami - ura tekubi hishigi	
20			hiza basami - morote ude garami	
21			hiza basami - dosoku ude garami	
22			hiza basami - dosoku ude garami henka waza	
23			hiza basami - jun ude garami henka waza	
24			hiza basami - hiza hishigi	
25	<b>osaekomi</b>	mae	ude ate - kikan to nodobotoke	
26		ushiro	soto maki komi	
27	<b>tantotori</b>	haishu	ude gatame udekujiki ka hara gatame	

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



堤宝山流柔術

	Technique Group	Attack	Demo : Defence	Grade
			udekujiki	
28		haishu	tobiwaza – ashigatame ude kujiki	
29	tanbotori	mawashi	ippon seoi-nage ka morote seoi-nage ka kata eri seoi-nage	
30		o ue ate	kata guruma	
	<b>TOTAL</b>			

YONKKYU (MIDORI OBI) - Demonstration Examination Group 3 Body Holds			Uke	Tori
1	One arm around neck from behind. Hold the left wrist with the left hand	ushirokuzushi - kotehineri - taoshiwaza - kansetsuwaza		
2	Two arms around the body over the arms from the front. Left leg forward.	atemi - ogoshi - kansetsuwaza		
3	Right arm around neck on the left side grab own wrist	yokoguruma - kansetsuwaza		
4	right arm around the neck grab own hand facing opposite way right leg backward	sokkobarai - sumigaeshi - kansetsuwaza		
5	Right arm around neck from behind grab own wrist right leg forward	sotomakikomi - atemi or kansetsuwaza		

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