



堤宝山流柔術

YONMON 4TH MON ORANGE AND WHITE BELT

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

	Technique Group	Attack	Demo : Defence	Grade
PART 1 DEMONSTRATION				
1	breakfalls (ukemi)		forwards roll over obstacle	
2			backwards roll	
3			sideways roll	
4			forwards flat	
5			backwards flat	
6			sideways flat	
7	body movements (taisabaki)	demonstrate with an attacker and using any block	flowing	
8			entering	
9			entering rotation	
10			sliding	
11			dodging	
12	basic blocks and attacks (uke waza and atemi)	grip on the lapel - roundhouse punch	double block – elbow attack	
13		backhand hit	entering - double block	
14		side drive kick	flowing - attacking or brushing block - punch	
15	unbalancing (kuzushi)	normal single wrist grip	normal	
16		same side single wrist grip	same side	
17		reverse single wrist grip	reverse	
18		rear both wrists grip	rear	
19	locking techniques - demonstrate with two attackers (kansetsu waza)	defender choice of attack	arm turning	
20			forearm twist	
21			body set arm breaking	
22			wrist crush	
23			side wrist lock	
PART 2 REFLEX				

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



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	Technique Group	Attack	Demo : Defence	Grade
1		normal single wrist grip	wrist twist	
2		same side single wrist grip	body set arm breaking	
3		reverse single wrist grip	side wrist lock	
4		front both wrist grip	wrist crush	
5		rear both wrists grip	forearm twist	
6		front roundhouse kick	entering - double block - punch	
7		front snap kick	flowing - brushing block - punch	
8		low punch	wrist twist	
	etiquette and conduct			
	TOTAL			

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