



GOKKYU AOI OBI

	Technique Group	Attack	Demo : Defence	Grade
1	renkowaza	mae	ude garami henka waza	
2	kubitsukamishime	mae	sukui nage - ude gatame ashi kujiki	
3		mae	kawashi waza - tegatana ate - atemi	
4		mae	hachi mawashi - ude garami ka ude gatame ude kujiki ka ude gatame ashi kujiki	
5		ushiro	sashi waza hiji ate	
6		ushiro	atemi - tekubi hineri - te gatame ude kujiki	
7		ushiro	kami tori - tegatana ate	
8		ushiro	hiji ate - kobushi ate	
9		yoko	tekubi hineri - te gatame ude kujiki	
10		yoko	kote hineri	
11		kakate kabe	te gatame ude kujiki	
12		ryote kabe	kakato gaeshi - atemi	
13		ryote kabe	kakato ate	
14		ryote kabe	yoko tomoe-nage	
15		ryote kabe	hiza ate	
16		antachi mae	hiza jime - koshi gatame ude kujiki	
17	kubishime	tachi mae	o soto gari	
18	tsuki	jodan	nagashi uke ka irimi uke te gatame ude kujiki	
19	ushirotori	takai	seoi nage	
20		hikui	kawashi waza - handaken - hiji ate	
21	maetori	hikui	hasami - yubi ate - jinchu	
22	kidori	sode	ude garami	
23	sukui	nagai	tegatana ate - tomoe nage	
24	osaekomi	mae	yubi sake ate - ryo jikou kabotoko	
25		ushiro	obi otoshi - kakato-ate	
26	tantotori	tsukikomi	tekubi hishigi - mae geri	
27		tsukikomi	tekubi hineri - hiza gatame ude kujiki	
28	tanbotori	ue ate	ude garami	
29		ue ate	ude gaeshi - tekubi hishigi ka	

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



堤宝山流柔術

	Technique Group	Attack	Demo : Defence	Grade
			udegarami	
30		yoko	o soto gari ka o soto otoshi ka o soto guruma	
	TOTAL			

GOKKYU (AOI OBI) - Demonstration Examination Group 2 Kick and Punch Attacks			Uke	Tori
1	Right hand high punch. Right leg forward	irimisenkai - haraiuke - urataiotoshi		
2	Right hand middle punch. Right leg forward	haraiuke - uchikawashiwaza - kubinage - kansetsuwaza ka atemi		
3	Right knife hand to the left side of the neck. Right leg forward	irimitaisabaki - atemi - tekubitenage		
4	Right leg middle kick.	irimitaisabaki - harai uke - o soto guruma - atemi ka kansetsuwaza		
5	Right leg middle front round kick.	irimitaisabaki - ouchi gari ashi gatame		

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