



GOMON 5TH MON

PURPLE 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	
2			backwards roll	
3			forwards flat	
4			sideways flat	
5			bridgefall	
6			backwards flat over obstacle	
7			sideways roll over obstacle	
8	body movements (taisabaki)	high punch	flowing – brushing block - punch	
9		overhead hit	entering – brushing block - punch	
10		backhand hit	entering rotation – grabbing block	
11		high punch	sliding – middle block- roundhouse kick	
12		high punch	dodging – middle block – front snap kick	
13	basic blocks and attacks (uke waza and atemi)	high punch	entering – high block	
14		low punch	entering – low block	
15	unbalancing (kuzushi)	normal single wrist or sleeve grip	normal	
16		same side single wrist or sleeve grip	same side	
17		reverse single wrist or lapel grip	reverse	
18		rear both wrists or sleeve grip	rear	
19		front both wrist grip	same side	
20	unbalancing blocking (kuzushi uke)	low punch	pulling	
21		low punch	pushing	
22		low punch	grabbing	

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



堤宝山流柔術

	Technique Group	Attack	Demo : Defence	Grade
23		downwards hit	brushing	
24	locking techniques - demonstrate with two attackers (kansetsu waza)	defender choice of attack	arm entanglement	
25			variant arm entanglement	
26			wrist hand throw	
PART 2 REFLEX				
1		normal, reverse or same side single wrist grip	forearm twist	
2		normal single lapel or sleeve grip	arm turning	
3		strangling front - straight	kick - body set arm breaking	
4		high punch	wrist hand throw	
5		stick attack - overhead or backhand	wrist twist	
6		low punch	wrist twist	
7		low punch - left	wrist crush	
8		front snap kick	brushing block - punch	
9		rear bodyhold - high - arms enclosed	forearm twist	
	etiquette and conduct			
	TOTAL			

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