



KUKYU 7TH KYU RED 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)	bridgefall	
2		forwards roll over an obstacle	
3		sideways roll over an obstacle	
4		backwards flat over an obstacle	
5		sideways flat over an obstacle	
6	body movements (taisabaki)	with an attacker using any block	flowing
7		entering	
8		entering rotation	
9		major entering rotation	
10		sliding	
11		dodging	
12	basic blocks and attacks (uke waza and atemi)	high punch	high block - punch
13		middle punch	middle outside block - punch
14		front snap kick	low block - punch
15		middle punch	middle inside block – side drive kick
16	form (kata)		wakai no kata
		technical	
		control	
17	unbalancing (kuzushi atemi)	normal single wrist grip	normal
18		same side	
19		reverse single wrist grip	reverse
20		same side	
21		same side single wrist grip	same side
22		normal	
23	locking techniques - demonstrate with two attackers (kansetsu waza)	defender choice of attack	arm entanglement

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



	Technique Group	Attack	Demo : Defence	Grade
24			side wrist lock	
25			wrist hand throw	
26	throwing techniques - demonstrate with two attackers (nage waza)	single lapel grip - low	hip throw	
27		single lapel grip - high	shoulder throw	
28		low lunge punch	minor outer foot sweep	
29		low lunge punch	minor inner foot sweep	
PART 2 REFLEX				
1		normal single wrist grip - step	minor outer reap	
2		rear single wrist grip and strangle	forearm twist	
3		single lapel grip - low	side wrist lock	
4		single lapel grip - low	wrist hand throw	
5		single lapel grip - low	hip throw	
6		single lapel grip - high	shoulder throw	
7		strangling straight - front	atemi - body set arm breaking	
8		low lunge punch	minor inner or outer reap	
9		roundhouse punch	atemi - arm entanglement	
10		high punch	atemi - body set arm breaking	
11		stick - overhead attack	wrist twist	
12		knife - upward thrust	wrist twist or wrist crush	
13		knife - overhead attack	wrist twist	
14		restraining technique	arm turning, escorting	
15		restraining technique	variant arm entanglement, escorting	
	etiquette and conduct			
	TOTAL			

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