



**KUKYU 8TH KYU RED AND WHITE BELT**

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

Technique Group	Attack	Demo : Defence	Grade
<b>PART 1 DEMONSTRATION</b>			
1	<b>breakfalls</b> (ukemi)	forwards roll	
2		backwards roll	
3		sideways roll	
4		bridgefall	
5		forwards roll over an obstacle	
6		sideways roll over an obstacle	
7		backwards flat over an obstacle	
8		sideways flat over an obstacle	
9	<b>body movements</b> (taisabaki)	with an attacker using any block flowing with front snap kick	
10		entering	
11		entering rotation	
12		major entering rotation	
13		sliding	
14	<b>basic blocks and attacks</b> (uke waza and atemi)	front roundhouse kick	
15		back side drive kick	
16		front side drive kick	
17		overhead hit flowing – brushing block - punch	
18		high punch entering – brushing block - punch	
19		backhand hit entering – double block - punch	
20		front snap kick flowing – brushing block - punch	
21	<b>form</b> (kata)	happoken kata	
		technical	
		control	
22	<b>unbalancing</b> (kuzushi atemi)	normal single sleeve grip low normal	
23		normal single sleeve grip high reverse	
24		front both wrist grip same side	

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



堤宝山流柔術

	Technique Group	Attack	Demo : Defence	Grade
25		rear single wrist grip and strangle	rear	
26	<b>locking techniques</b> - demonstrate with two attackers (kansetsu waza)	defender choice of attack	wrist crush	
27			variant arm entanglement	
28			forearm twist	
<b>PART 2 REFLEX</b>				
1		normal single wrist grip	wrist crush	
2		rear both wrists grip	forearm twist	
3		grip on the sleeve	arm turning	
4		single lapel grip	variant arm entanglement	
5		push on the chest	body set arm breaking	
6		double hit - overhead attack	arm turning	
7		side drive kick	block – punch or takedown	
8		low punch	wrist twist	
9		low punch	wrist crush	
10		stick - overhead attack	wrist twist	
	<b>etiquette and conduct</b>			
	<b>TOTAL</b>			

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