



堤宝山流柔術

KUKYU 9TH KYU BROWN 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			sideways roll	
4			forwards flat	
5			backwards flat	
6			sideways flat	
7	body movements (taisabaki)	with an attacker using any block	flowing	
8			entering	
9			entering rotation	
10	basic blocks and attacks (uke waza and atemi)		high block	
11			middle outside block	
12			middle inside block	
13			low block	
14			front snap kick	
15			punch with step	
16	unbalancing (kuzushi)	normal single wrist grip	normal	
17		same side single wrist grip	same side	
18		reverse single wrist grip	reverse	
19		rear both wrists grip	rear	
20		front both wrist grip	same side	
21	unbalancing blocking (kuzushi uke)	low punch	pulling	
22		low punch	pushing	
23		low punch	grabbing	
24		downwards hit	brushing	
25	locking techniques - demonstrate	defender choice of attack	wrist twist	

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



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	Technique Group	Attack	Demo : Defence	Grade
	with two attackers (kansetsu waza)			
26			arm turning	
27			body set arm breaking	
PART 2 REFLEX				
1		normal single grip on the sleeve - low	body set arm breaking	
2		low punch	arm turning	
3		high punch	ateми - body set arm breaking	
4		backhand hit	wrist twist	
5		front snap kick	brushing block - punch	
	etiquette and conduct			
	TOTAL			

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