



**2ND KYU PURPLE BELT– REFLEX GRADING
(SHINKEN SHOBU NO KATA)**



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	Technique Group	Attack	Demo : Defence (<i>Techniques to be selected by affiliated schools</i>)	Grade
1	Handgrips	both wrist grab behind	hand set arm breaking	
2	Strangles <i>changing technique</i>	front two hand straight arm approaching strangle – resist throw	attempt stomach throw – change to side stomach throw	
3		rear bent arm elbows horizontal	hand sword to groin and punch	
4	<i>changing technique</i>	rear bent arm elbows horizontal – resist lock pull back	attempt wrist twist – change to finger tip or fist strike	
5		rear straight arm strangle	stamping technique to knee	
6	<i>changing technique</i>	side bent arm – resist throw step forward	attempt hip throw – change to inner thigh throw – cross set arm breaking	
7	<i>changing technique</i>	side bent arm – resist throw step back	attempt hip throw – change to sweeping hip throw	
8		strangle on ground sitting on top approaching	fist strike – ball of foot strike	
9		strangle on ground sitting on top leaning back	kidney strike – hip technique – ball of foot strike	
10		strangle on ground sitting on top leaning forward	finger tip strike to throat – hip technique – ball of foot strike	
11	Headlock	side headlock turning to front standing up	strike – scooping throw – preferred technique	
12	Punch	high lunge punch front	dodging technique – heel strike	
13		high lunge punch side	dodging technique – side kick	
14	Body Pinning	body hold rear over arms at shoulder level	dodging technique – solar plexus elbow strike	
15		approaching body hold front over arms at shoulder level	both hand or both arm block – major outer reap	
16	Clothes Hold	grab both sleeves at the elbow level from the front and lean forward	flowing – variant arm entanglement	
17	Ground Techniques	trip and stand over body at chest level	body scissors – arm set leg breaking	
18		leg scissor attack on the ground	elbow strike to inner thigh pressure point – fist strike to groin – pinning technique	
19		leg scissor attack on the ground	levering technique – neck turning crush	
20		leg scissor attack on the ground	ankle crush	
21	Scoop / Tackle	long tackle	flowing – handsword or fist strike	
22		short tackle	elbow strike or backfist	
23	Kick	front snap kick	both hand attacking block – ankle strike	
24		inside knee attack	major inner reap - locking	

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			technique or strike	
25	Knife	straight stab to throat	flowing – hook kick or crescent kick – arm breaking or side wrist lock	
26		straight stab to throat	flowing – inner thigh kick – arm breaking or side wrist lock	
27	Pistol	pistol in middle of back outside	dodging technique – outside wrist crush – knee strike	
28		pistol in middle of back inside	dodging technique – reverse arm set arm breaking – knee strike	
29	Sword	downward committed sword cut	body or stomach set arm breaking	
30	Attacking Techniques		knee attack	
31			body scissors attack	
32	Changing Techniques	stomach throw, roll and sit on attacker	knee set arm breaking	
33		stomach throw, roll and sit on attacker – attacker rolls to side with leg up	leg set arm breaking	
34		stomach throw, roll and sit on attacker – attacker rolls defender onto back	kidney squeeze	
35		stomach throw, roll and sit on attacker – attacker rolls to side with leg down	cross set arm breaking	
36	Locking Techniques (On Ground)	shoulder throw – attacker roll on back arm straight on ground	cross set arm breaking	
37		shoulder throw – attacker on side arm straight up on ground	knee set arm breaking	
38		shoulder throw – attacker on side arm bent on ground	wrist crush	
39		shoulder throw – attacker rolling onto stomach arm straight on ground	leg set arm breaking	
40		shoulder throw – attacker on stomach arm straight on ground	step over body set arm breaking	
41		hand wheel – attacker keeps headlock to ground	wrist crush	
42		hand wheel – attacker keeps headlock to ground – on release attacker on side arm bent on ground	wrist crush	
43		hand wheel – attacker keeps headlock to ground – on release attacker on back arm straight on ground	cross set arm breaking	
44		hand wheel – attacker keeps headlock to ground – on release	step over body set arm breaking	

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		attacker rolling onto stomach arm straight on ground		
45		hand wheel – attacker keeps headlock to ground – on release attacker rolls onto stomach with hands under body	neck crush	
46	Blindfold Techniques	front rear and side strangles only with straight, bent horizontal or bent vertical arms	10 techniques	
	TOTAL			

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