



3RD KYU ORANGE BELT – REFLEX GRADING (SHINKEN SHOBU NO KATA)



堤宝山流柔術

| | Technique Group | Attack | Demo : Defence (<i>Techniques to be selected by affiliated schools</i>) | Grade |
|----|---|--|--|-------|
| 1 | Handgrips | both wrist grab on top | normal unbalancing – shoulder set arm breaking | |
| 2 | Restraining techniques | side – arm bend up | arm turning | |
| 3 | <i>restraining techniques with 4 changing techniques from 1 basic restraining technique</i> | side – arm bend down | wrist crush variant arm entanglement – sacrifice technique | |
| 4 | | side – lean back | reverse neck breaking | |
| 5 | | side – pull arm back | jumping technique – leg set arm breaking or pinning technique and one half choke on the ground | |
| 6 | Strangles | front bent arm elbows horizontal close or pushing | body drop | |
| 7 | | rear bent arm elbows horizontal close pulling in | embraced dividing – both hand shoulder breaking | |
| 8 | | side bent arm elbows down pulling in | single shoulder throw – both hand shoulder breaking | |
| 9 | | both arms against wall | hip or knee strike - both hand set arm breaking | |
| 10 | <i>changing technique</i> | strangle on ground one knee on ground arms straight and back straight – resist the first technique | attempt cross arm set breaking – change to reverse cross set arm breaking | |
| 11 | Headlock | turn shoulders into rear headlock | dodging technique – reverse hand or arm set arm breaking | |
| 12 | | Side headlock turning to front bent over | side wheel – both hand shoulder breaking | |
| 13 | Punch <i>outside defence</i> | high lunge punch outside | handsword – minor outer reap | |
| 14 | <i>inside defence</i> | high lunge punch inside | handsword – minor inner reap | |
| 15 | Body Pinning | body hold behind over arms at wrist level | dodging technique – leg pulling – strike – leg turn | |
| 16 | | body hold front over arms at elbow level | strike pelvis – major hip throw - strike | |
| | | full nelson on the top of head pushing down to neck crush | reinforcing technique – dodging technique – strike and takedown | |
| 17 | Clothes Hold | grab sleeve upper arm and turn body | major outer reap | |
| 18 | Ground Techniques | trip and stand over hips | takedown – arm set leg breaking | |
| 19 | | trip and stand over hips leaning forward to choke | groin heel strike and body turn | |
| 20 | Scoop / Tackle | short tackle arms bent | variant arm entanglement on ground | |

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|----|-----------------------------------|--|---|-------|
| 21 | | short tackle arms straight | both hand set arm breaking on ground | |
| 22 | | short tackle grab legs | straw bag turning | |
| 23 | Kick | front roundhouse kick | dodging technique, knee turning | |
| 25 | Knife | upward stab to stomach right hand | flowing block – variant arm entanglement | |
| 26 | | downward stab to chest right hand | flowing block – heel kick – arm strike arm breaking | |
| 27 | | downward stab to chest left hand | flowing block – snap kick – elbow strike arm breaking | |
| 28 | Short Staff | committed over head strike both hands | entering technique – major outer drop, reap or wheel | |
| 29 | | two hand attack front strike and backhand strike | entering technique – body set arm breaking or side wrist lock | |
| 30 | Fast Attacks (2 attackers) | single hand strangle | outside shoulder throw | |
| 31 | | single hand strangle | hand set arm breaking | |
| 32 | | single hand strangle | body set arm breaking | |
| 33 | | single hand strangle | stomach set arm breaking | |
| 34 | | single hand strangle | stomach throw | |
| 35 | | front two hand straight arm approaching strangle | stomach throw | |
| 36 | | front two hand straight arm approaching strangle | rock drop | |
| 37 | | front bent arm elbows horizontal | scooping throw | |
| 38 | | front bent arm elbows horizontal | hip throw | |
| 39 | | side bent arm elbows down pulling in | side shoulder throw | |
| | TOTAL | | | |

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| Orange Belt - Demonstration Examination Group 4 Weapon Attacks | | | DFD | ATK |
|---|--|---|-----|-----|
| 1 | Right hand knife attack from the top to the chest. Right leg forward | flowing body movement – brushing block- wrist twist – leg set arm breaking | | |
| 2 | Left hand knife attack upwards to the stomach. Left leg forward | flowing or attacking block – wrist crush- wrist twist | | |
| 3 | Right back hand stab to the chest. Right leg forward. | entering rotation body movement – flowing block – leg set arm breaking | | |
| 4 | Right hand stick attack to the head. Right leg forward. | entering body movement brushing block forearm twist – reverse hand set arm break- ing | | |
| 5 | Right hand diagonal stick attack to the head | entering rotation – shoulder throw-locking technique | | |

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