



4TH KYU GREEN 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	<b>Handgrips</b>	both wrist grab on top	body set arm breaking – sacrifice technique	
2		both wrist grab on bottom	both hand reap	
3	<b>Restraining techniques</b>	front or side	arm set arm breaking	
4		front or side	finger crush	
5	<b>Strangles</b>	front two hand straight arm approaching strangle	rock drop	
6		front two hand straight arm pushing strangle	stomach throw – leg set arm breaking	
7		strangle on ground sitting on top arms straight	body set arm breaking	
8		strangle on ground sitting on top arms bent	hair chin grip – pinning technique - strike	
9	<b>Headlock</b>	arm around neck from behind	belt drop – sacrifice technique	
10		front headlock pushing on top neck leaning forward with leg on headlock side back – arm stays bent on ground	heel strike – side drop – variant arm entanglement on the ground	
11		front headlock pushing on top neck leaning forward with leg on headlock side back – arm straightens on ground	heel strike – side drop – body set arm breaking on the ground	
12		front headlock pushing on top neck leaning forward with leg on headlock side back – roll forwards on takedown	heel strike – side drop – side roll – shoulder breaking	
13	<b>Punch</b>	high lunge punch	heel turning – arm set leg breaking or strike	
14		high lunge punch front or side of head	dodging technique – heel strike	
15	<b>Clothes Hold</b>	grab lapel middle and pull	floating hip	
16		grab sleeve at elbow level arm straight	both arm set arm breaking	
17		grab sleeve at elbow level arm bent	variant arm entanglement	
18	<b>Ground Techniques</b>	trip and stand at feet knee straight	heel strike arm set leg breaking	
19		trip and stand at feet knee bent – palms and elbows on ground	knee scissors – both hand arm entanglement on ground	
20		trip and stand at feet knee bent – palms on ground pushing up	knee scissors – reverse wrist crush on ground	

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



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2 1		trip and stand at feet knee bent – fist on ground high	knee scissors – same side arm entanglement on ground	
2 2		trip and stand at feet knee bent – fist on ground middle	knee scissors – same side variant arm entanglement on ground	
2 3		trip and stand at feet knee bent – fist on ground low	knee scissors – knee and heel strike - normal side variant arm entanglement on ground	
2 4		trip and stand at feet knee bent – on takedown fall away from defender	knee scissors – knee crush	
2 5	<b>Body Pinning</b>	body hold front arms free	forearm strike to throat - takedown	
2 6		body hold behind arms free	outside winding throw	
2 7	<b>Knife</b>	short backhand cut to head	arm set arm breaking or stomach set arm breaking	
2 8		long backhand cut to head	jumping technique – leg set arm breaking or pinning technique and arm turning	
2 9	<b>Stick</b>	diagonal stick strike to neck	single, both arm or lapel shoulder throw	
3 0		committed over head strike	shoulder wheel	
	<b>TOTAL</b>			

Green Belt - Demonstration Examination Group 3 Body Holds			DF D	ATK
1	One arm around neck from behind. Hold the left wrist with the left hand	Rear unbalancing – forearm twist- takedown technique-locking technique		
2	Two arms around the body over the arms from the front. Left leg forward.	Strike – major hip throw- locking technique		
3	Right arm around neck on the left side grab own wrist	Side wheel – locking		
4	right arm around the neck grab own hand facing opposite way right leg backward	Instep sweep – corner throw- locking technique		
5	Right arm around neck from behind grab own wrist right leg forward	Outside winding throw- strike or lock		

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