



**5TH KYU BLUE 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	<b>Restraining techniques</b>	front	variant arm entanglement	
2	<b>Strangles</b>	front bent arm elbows horizontal pushing down	scooping throw – arm set leg breaking	
3		front bent arm elbows horizontal thumbs pressing in throat	dodging technique – hand sword - strike	
4		front bent arm elbows down	hair chin grip – arm entanglement, straight arm lock on ground or arm set leg breaking	
5		rear straight arm strangle pushing	stabbing technique – elbow strike	
6		rear bent arm elbows horizontal fingers pulling into throat	hand sword – wrist twist – hand set arm breaking	
7		rear bent arm elbows horizontal body very close	head grab – hand sword strike	
8		rear bent arm elbows horizontal	elbow strike and fist strike	
9		side straight arm	wrist twist – hand set arm breaking	
10		side bent arm	forearm twist	
11		single arm against a wall	hand set arm breaking	
12		both straight arm strangle against wall	heel turning - strike	
13		both straight arm strangle against wall and takedown to ground stand at feet	heel strike	
14		both straight arm strangle against wall and takedown to ground standing strangle	side stomach throw – pinning technique	
15		both straight arm strangle against wall and takedown to ground strangle on ground both knees on ground arms straight with weight on neck	knee strike – pinning technique	
16		strangle on ground both knees on ground on the side arms straight	knee scissors – hip set arm breaking	
17	<b>Headlock</b>	front headlock pulling under neck leaning back	major outer reap	
18	<b>Punch</b>	high lunge punch	flowing or entering – hand set arm breaking	
19	<b>Clothes Hold</b>	grab sleeve upper arm, arm bent	arm entanglement	
20	<b>Scoop / Tackle</b>	long tackle with head low	hand sword strike – stomach throw	
21	<b>Body Pinning</b>	body hold behind over arms	shoulder throw	

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



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		at shoulder level		
22		body hold behind over arms at wrist level	dodging technique – knuckle strike - elbow	
23		body hold front over arms pick up off the ground	dodging technique - scissors – thumb strike nose pressure point takedown	
24		body hold front arms free	thumb strike – ear pressure points - strike	
25		full nelson on the neck pushing down	belt drop – heel strike	
26	<b>Knife</b>	upward stab to stomach right hand	wrist twist – knee set arm breaking	
27		upward stab to stomach left hand	wrist crush – snapkick	
28	<b>Stick</b>	over head with stick swung back right hand	arm entanglement	
29		over head with stick swung back left hand	arm turning – wrist crush or arm entanglement on ground	
30		side strike to the head	major outer reap, drop or wheel	
	<b>TOTAL</b>			

<b>Blue Belt - Demonstration Examination Group 2 Kick and Punch Attacks</b>			<b>DFD</b>	<b>ATK</b>
1	Right hand high punch. Right leg forward	Entering rotation – brushing block – reverse body drop		
2	Right hand middle punch. Right leg forward	Brushing block inside dodging technique – neck throw- lock or strike		
3	Right knife hand to the left side of the neck. Right leg forward	Entering body movement - strike- wrist hand throw		
4	Right leg middle kick.	Entering body movement – brushing block- major outer wheel- strike or lock		
5	Right leg middle front round kick.	Entering body movement- major inner reap leg set		

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