



## 5TH MON PURPLE AND WHITE BELT



堤  
宝  
山  
流  
柔  
術

*All defences can be asked to be shown left, right, inside and/or outside*

	Technique Group	Attack	Demo : Defence	Grade
<b>PART 1 DEMONSTRATION</b>				
1	<b>breakfalls</b> (ukemi)		forwards roll	
2			backwards roll	
3			forwards flat	
4			sideways flat	
5			bridgefall	
6			backwards flat over obstacle	
7			sideways roll over obstacle	
8	<b>body movements</b> (taisabaki)	high punch	flowing – brushing block - punch	
9		overhead hit	entering – brushing block - punch	
10		backhand hit	entering rotation – grabbing block	
11		high punch	sliding – middle block- roundhouse kick	
12		high punch	dodging – middle block – front snap kick	
13	<b>basic blocks and attacks</b> (uke waza and atemi)	high punch	entering – high block	
14		low punch	entering – low block	
15	<b>unbalancing</b> (kuzushi)	normal single wrist or sleeve grip	normal	
16		same side single wrist or sleeve grip	same side	
17		reverse single wrist or lapel grip	reverse	
18		rear both wrists or sleeve grip	rear	
19		front both wrist grip	same side	
20	<b>unbalancing blocking</b> (kuzushi uke)	low punch	pulling	
21		low punch	pushing	
22		low punch	grabbing	
23		downwards hit	brushing	
24	<b>locking techniques -</b> demonstrate with two attackers (kansetsu waza)	defender choice of attack	arm entanglement	
25			variant arm entanglement	
26			wrist hand throw	
<b>PART 2 REFLEX</b>				

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



## 5TH MON PURPLE AND WHITE BELT



堤宝山流柔術

	Technique Group	Attack	Demo : Defence	Grade
1		normal, reverse or same side single wrist grip	forearm twist	
2		normal single lapel or sleeve grip	arm turning	
3		strangling front - straight	kick - body set arm breaking	
4		high punch	wrist hand throw	
5		stick attack - overhead or backhand	wrist twist	
6		low punch	wrist twist	
7		low punch - left	wrist crush	
8		front snap kick	brushing block - punch	
9		rear bodyhold - high - arms enclosed	forearm twist	
	<b>etiquette and conduct</b>			
	<b>TOTAL</b>			

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