



6TH KYU YELLOW 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>	finger tip grab	arm strike - distance	
2		hand grab	disengage - distance	
3		both wrist grab on top	snapkick - disengage - distance	
4		both wrist grab on bottom	snapkick - disengage - distance	
5		two hand on single arm top	disengage - distance	
6		two hand on single arm bottom	disengage - distance	
7		two hand on horizontal arm	disengage - distance	
8		two hand on horizontal arm	wrist crush	
9		two hand on horizontal arm	same side unbalancing - strike	
10	<b>Restraining techniques</b>	side	wrist crush	
11		rear	wrist crush	
12	<b>Strangles</b>	front straight arm	stabbing technique – elbow strike	
13		front straight arm	finger tip strike neck notch	
14		front straight arm	body set arm breaking – sacrifice technique	
15		front straight arm	stomach throw	
16		front bent arm elbows down	arm entanglement	
17		front bent arm elbows horizontal	drawing hip throw	
18		strangle on ground both knees on ground arms straight with weight on neck	knee strike - pinning technique	
19		strangle on ground one knee on ground arms straight and back straight	cross arm set arm breaking	
20		strangle on ground both knees on ground arms bent	hear chin grip – pinning technique	
21	<b>Headlock</b>	turn shoulders into rear headlock	shoulder throw	
22		side headlock back straight	hand wheel – wrist crush	
23	<b>Punch</b>	roundhouse punch	shoulder throw	
24	<b>Clothes Hold</b>	lapel grab middle	elbow strike – fist strike	
25	<b>Ground Techniques</b>	trip and stand at feet knee straight	heel strike	
26		trip and stand at feet knee bent	knee scissors – body set arm breaking	
27	<b>Scoop / Tackle</b>	short tackle	knee strike - distance	
28	<b>Kick</b>	front snap kick	entering – low block - strike	

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES



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29	<b>Body Pinning</b>	body hold behind arms free	knuckle strike - elbow	
30		body hold front arms free	thumb strike nose pressure point - takedown	
	<b>TOTAL</b>			

<b>Yellow Belt - Demonstration Examination Group 1 Hand Attacks</b>			<b>DFD</b>	<b>ATK</b>
1	Two hands on the right arm. Right leg forward	Strike kick or same side unbalancing - body set arm breaking or side wrist lock		
2	Right hand on the right collar. Right leg forward	Entering rotation unbalancing – shoulder throw - strike or lock		
3	Two hand approaching strangling from the front. Right leg forward	Entering body movement or striking unbalancing – major outer reap – lock or strike		
4	Two hands straight strangle from right side. Left leg forward	Sliding unbalancing – wrist twist – arm breaking – leg set or arm set		
5	Right hand on the left shoulder high. Right leg forward	Strike - reverse arm set arm breaking - take-down technique		

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