



7TH KYU RED 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
PART 1 DEMONSTRATION				
1	breakfalls (ukemi)		bridgefall	
2			forwards roll over an obstacle	
3			sideways roll over an obstacle	
4			backwards flat over an obstacle	
5			sideways flat over an obstacle	
6	body movements (taisabaki)	with an attacker using any block	flowing	
7			entering	
8			entering rotation	
9			major entering rotation	
10			sliding	
11			dodging	
12	basic blocks and attacks (uke waza and atemi)	high punch	high block - punch	
13		middle punch	middle outside block - punch	
14		front snap kick	low block - punch	
15		middle punch	middle inside block – side drive kick	
16	form (kata)		wakai no kata	
			technical	
			control	
17	unbalancing (kuzushi atemi)	normal single wrist grip	normal	
18			same side	
19		reverse single wrist grip	reverse	
20			same side	
21		same side single wrist grip	same side	
22			normal	
23	locking techniques - demonstrate with two attackers (kansetsu waza)	defender choice of attack	arm entanglement	
24			side wrist lock	
25			wrist hand throw	
26	throwing techniques - demonstrate with two attackers (nage waza)	single lapel grip - low	hip throw	
27		single lapel grip - high	shoulder throw	

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



7TH KYU RED BELT



堤宝山流柔術

Technique Group	Attack	Demo : Defence	Grade
28	low lunge punch	minor outer foot sweep	
29	low lunge punch	minor inner foot sweep	
PART 2 REFLEX			
1	normal single wrist grip - step	minor outer reap	
2	rear single wrist grip and strangle	forearm twist	
3	single lapel grip - low	side wrist lock	
4	single lapel grip - low	wrist hand throw	
5	single lapel grip - low	hip throw	
6	single lapel grip - high	shoulder throw	
7	strangling straight - front	atemi - body set arm breaking	
8	low lunge punch	minor inner or outer reap	
9	roundhouse punch	atemi - arm entanglement	
10	high punch	atemi - body set arm breaking	
11	stick - overhead attack	arm entanglement	
12	knife - upward thrust	wrist twist or wrist crush	
13	knife - overhead attack	wrist twist	
14	restraining technique	arm turning, escorting	
15	restraining technique	variant arm entanglement, escorting	
etiquette and conduct			
TOTAL			

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