



8TH KYU RED 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
PART 1 DEMONSTRATION				
1	breakfalls (ukemi)		forwards roll	
2			backwards roll	
3			sideways roll	
4			bridgefall	
5			forwards roll over an obstacle	
6			sideways roll over an obstacle	
7			backwards flat over an obstacle	
8			sideways flat over an obstacle	
9	body movements (taisabaki)	with an attacker using any block	flowing with front snap kick	
10			entering	
11			entering rotation	
12			major entering rotation	
13			sliding	
14	basic blocks and attacks (uke waza and atemi)		front roundhouse kick	
15			back side drive kick	
16			front side drive kick	
17		overhead hit	flowing – brushing block - punch	
18		high punch	entering – brushing block - punch	
19		backhand hit	entering – double block - punch	
20		front snap kick	flowing – brushing block - punch	
21	form (kata)		happoken kata	
			technical	
			control	
22	unbalancing (kuzushi atemi)	normal single sleeve grip low	normal	
23		normal single sleeve grip high	reverse	
24		front both wrist grip	same side	
25		rear single wrist grip and strangle	rear	
26	locking techniques - demonstrate with two attackers (kansetsu waza)	defender choice of attack	wrist crush	
27			variant arm entanglement	
28			forearm twist	

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



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	Technique Group	Attack	Demo : Defence	Grade
	PART 2 REFLEX			
1		normal single wrist grip	wrist crush	
2		rear both wrists grip	forearm twist	
3		grip on the sleeve	arm turning	
4		single lapel grip	variant arm entanglement	
5		push on the chest	body set arm breaking	
6		double hit - overhead attack	arm turning	
7		side drive kick	block – punch or takedown	
8		low punch	wrist twist	
9		low punch	wrist crush	
10		stick - overhead attack	wrist twist	
	etiquette and conduct			
	TOTAL			

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