

Rank Requirements - Blue Belt

BLOCKS

- TORA GUCKI - TIGER MOUTH HAND
- JODAN SOTO UKE - UPPER OUTSIDE BLOCK
- JODAN UCHI UKE - UPPER INSIDE BLOCK
- MAWASHE UKE - WHEEL BLOCK
- 10 POINT SOFT BLOCKING SYSTEM
- ADVANCED PREARRANGED SOFT BLOCKING SYSTEM

STRIKES

- JODAN HAJI ATE - UPPER ELBOW STRIKE
- OTOSHI HIJI ATE - DOWNWARDS ELBOW STRIKE
- YOKO HIJI ATE - SIDE ELBOW STRIKE
- USHIRO HIJI ATE - REAR ELBOW STRIKE
- MAE HIJI ATE - FRONT ELBOW STRIKE
- MAWASHI HIJI ATE - ROUND ELBOW STRIKE

KICKS

- SOKUTEI HARAI GERI - SOLE OF FOOT SWING KICK
- HAISOKU HARAI GERI - INSTEP SWING KICK
- SHRIN GERI - WHEEL KICK
- HOKKU GERI - HOOK KICK

KATAS

- GEKI SAI DAI ICHI - ATTACK AND DISPLAY CLOSED HAND
- GEKI SAI DAI NI - ATTACK AND DISPLAY OPEN HAND

KUMITE

- YODAN KUMITE - PREARRANGED SPARRING
- IPPON KUMITE - PREARRANGED ONE POINT SPARRING
- JIYU IPPON KUMITE - ONE STEP SPARRING FROM STANCE
- KAKIE UCHI - BACK HANDS
- SHIHON KUMITE - PREARRANGED FOUR MAN SPARRING

- SANBON ZUKI KUMITE - THREE STEP SPARRING, BLOCKING WITH ONE HAND AGAINST TRIPLE PUNCHES
- RANDORI KUMITE - SLOW AND SOFT FREE STYLE EMPHASIS ON TECHNIQUE
- JIYU KUMITE - HARD AND FAST CONTROLLED FREE SPARRING

WEAPONS

- NUNCHAKU SECOND FORM – REVERSE HOLDS

STAMINA

Side stretches:

- 200 with soft style lower block and diagonal chop

Pushups:

Fingertips: separate sets:

- Five fingers: 5
- Four fingers: 5
- Three fingers: 5
- Two fingers: 5
- Thumb: 5

Back of wrist: 5

Chin/Chest/Abdomen: 15

Rowing: 10

Squat kicks: 20

Jumping jacks: 100

Sit-up: 100

Sitting presses:

- Be able to raise your body off the ground and balance.

Leg crosses

- On back: 10
- Sitting up: 10

Handstand against the wall

- Hold handstand and accomplish 5 pushups.