



Blue Belt Study Sheet

Break Falls

- Back
- Side
- Front

Blocks

- Live Crane Blocks
- Live Butterfly Blocks

Punches

- Elbow Strikes (1-7)
- Palm Strikes
- Hammer Fist (1-3)

Kicking

- Sweeping Takedown
- Downward Leg Kick (to knee)
- Front Thrust Kick
- Spinning Crescent Kick

Self Defense Techniques

- Two Self Defense moves against a grab from behind
- Ground Defenses

History/Traditions

- Oyama's Motto #4, 5, and 6
- 4) Even for the martial artist, the place of money cannot be ignored, yet one should be careful never to become attached to it.
- 5) The martial way is centered in posture. Strive to maintain correct posture at all times.
- 6) The martial way begins with 1,000 days and is mastered after 10,000 days of training.

Katas

- Tekki Shodan
- Tekki Nidan
- Tekki Sandan
- Any Heian Kata

Break Fall Mastery Drill

- 60 seconds