

BLUE BELT REQUIREMENT CHECKLIST

Be sure to check off each item as you become comfortable and competent of each requirement. Recommendation for examination by an authorized instructor is encouraged. Please note that recommendation is not promotion guaranteed.

Written Exam - approximately 30 minutes and done during class time

- includes some written requirements from green and orange level
- explanation of the various timing: sen; sen-no-sen; tai-no-sen; go-no-sen
- explanation of what 'zanshin' is

Practical Exam - Demonstrate with speed and power with balance and accuracy

1. Kihon Dosa

- Shi Ho Tsuki (mae te tsuki & shiko tsuki)
- Kihon Keri 3
- One kihon dosa from previous requirements - examiner's choice

2. Evasive Drills

- Ten Shin Happo

3. Ukemi Waza (Falling Techniques)

Zenpo Kaiten - Forward Roll; Ushiro Kaiten - Backward Roll; Yoko Kaiten - Side Roll
Zenpo Kaiten Ukemi - Forward roll breakfall; Ushiro Kaiten Ukemi - Backward roll breakfall
Mae Ukemi - Front breakfall; Yoko Ukemi - Side Breakfall; Ushiro Ukemi - Back breakfall

4. Renzoku Waza - performed from seisan dachi kamae on one spot 4 x each right and left side

1. Ni ren tsuki + ushiro keri with back leg
2. Mae keri, retract, ushiro keri with same leg + other leg Jodan mawashi keri, retract and put same leg down, turn to back, soto uke with front hand, follow with gyaku tsuki.
3. Front leg ura mawashi keri, step down follow with a sokuto keri with same leg, other leg mawashi keri, follow with a mawari ushiro keri. Step backwards to kamae

5. Kumite Drills: required elements - proper distance, proper timing, speed, power, balance, proper finish

1. 3 x different sets of hand attacks - must be no less than 2 technique combination
2. 3 x different counters against a kizami tsuki
3. 3 x different counters against a mae keri

5. Kata

Niseishi; Heian Yodan and Godan;

6. Bunkai

- Niseishi bunkai

7. Kobudo (Weapons)

- Kihon Bo 1-14 & Kihon Bo Kata 1