

BLUE BELT SYLLABUS

8th KYU

Junior (6-8 Years)

HAND TECHNIQUES

Shuto Gammen Uchi - Knife Hand Roundhouse Strike

Shuto Sakotsu Uchi - Downward Knife Hand Strike

Hiji Mawashi Ate - Roundhouse Elbow Strike

Seiken Gyaku Zuki - Reverse Punch

Morote Nukite - Double Spear Hand Strike

BLOCKS

Chudan Uchi Uke/Gedan Barai - Middle Inside Block/Lower Parry

Kote Uke - Forearm Block

KICKS

Ushiro Geri - Back Kick

Kansetsu Geri - Joint Kick

Uchi Mawashi Geri - Inside Roundhouse Kick

Soto Mawashi Geri - Outside Roundhouse Kick

STANCES

Heisoku Dachi - Closed Toe Stance

Shiko Dachi - Sumo Stance

KATA

Seido Kata I

BASIC SELF DEFENSE TECHNIQUES

1

ADVANCED BLUE BELT SYLLABUS

7th KYU

Junior (6-8 Years)

HAND TECHNIQUES

Shuto Uchi Uchi - Knife Hand Inner Strike

(Kiba Dachi) Jun Zuki - Side Thrust Punch

Shita Zuki - Forefist Short Punch

Tettsui Gammen Uchi - Fist Edge Roundhouse Strike

Tettsui Sakotsu Uchi - Downward Fist Edge Strike

Tettsui Uchi Uchi - Inner Fist Edge Strike

STANCES

Musubi Dachi - Open Toe Stance

KATA

Taikyoku I, II

BASIC SELF DEFENSE TECHNIQUES

2
