

Blue Belt



Mandate:

A Clear Understanding of the Techniques on Test

Speed is Required

Power is Required

No Upper and Lower Body Separation

I. Kihon / Basics

- 1. Linear Defensive Waza _____
- 2. Linear Offensive Waza _____
- 3. Stance Waza _____
- 4. Open Hand Waza _____
- 5. Sweeping Waza _____
- 6. Elbow Waza _____

II. Kata / Forms

- 1. Heian Nidan Jiyu (free) _____
- 2. Heian Sandan PK _____
- 3. Heian Yodan _____

III. Kumite / 1 Step / Ippon Kumite /Timing, Distancing and Control

- 1. Jodan _____ + _____ + _____ + _____
- 2. Chudan _____ + _____ + _____ + _____
- 3. Gedan _____ + _____ + _____
(front kick) (side kick) (Round house)

IV. Dashi / Stance

- 1. Attention Stance _____
- 2. Ready Stance _____
- 3. Front Stance _____
- 4. Back Stance _____
- 5. Horse Stance _____
- 6. Hook Stance _____
- 7. Cat Stance _____
- 8. Half Moon Stance _____
- 9. Hour Glass Stance _____
- 10. Rooted Stance _____
- 11. Walking Stance _____

Candidate: _____

Examiner: _____

Date: _____