

BLUE BELT SYLLABUS

8th KYU

Youth (9-15 Years)

HAND TECHNIQUES

Uraken Mawashi Uchi - Roundhouse Inverted Fist Strike

Shuto Hizo Uchi - Knife Hand Strike To Spleen

Shuto Sakotsu Uchi Komi - Driving Knife Hand Strike To Collar Bone

Hiji Mawashi Ate - Roundhouse Elbow Strike

Hiji Age - Rising Elbow

Morote Nukite - Double Spear Hand Strike

Morote Haito - Double Inner Knife 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

Taikyoku II

Seido I

SELF DEFENSE TECHNIQUES

3,4

ADVANCED BLUE BELT SYLLABUS 7th KYU

Youth (9-15 Years)

HAND TECHNIQUES

(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 - Fist Edge Inner Strike

STANCES

Kokutsu Dachi - Back Leaning Stance

KATA

Taikyoku III
