

Kihon – Blue Belt

(100 Points: Must score 90 or above)

I. Movement: (20 Points)

Total Points _____

Tenshin Happo Tsuru Ashi - 10 Points (5 each side) _____

Tsuru Ashi 4 Points (2 each side) _____

Tsugi Ashi 4 Points (2 each side) _____

Chidori Ashi 2 Points (1 each side) _____

II. Stances (15 Points)

Total Points _____

Zenkatsu Dachi 3 Points (1.5 Each Side) _____

Neko Ashi Dachi 3 Points (1.5 Each Side) _____

Shiko Dachi 3 Points (1.5 Each Side) _____

Han Zenkatsu Dachi 2 Points (1 Each Side) _____

Okutsu Dachi 2 Points (1 Each Side) _____

Sanchin Dachi 2 Points (1 Each Side) _____

III. Blocks (10 Points)

Total Points _____

Jodan Barai 2 Points (1 Each Side) _____

Chudan Barai 2 Points (1 Each Side) _____

Gedan Barai 2 Points (1 Each Side) _____

Soto Uke 2 Points (1 Each Side) _____

Nagashi 2 Points (Inside Each Waza) _____

IV. Punches/ Te Waza (10 Points)**Total Points** _____

Tsuki 2 Points (1 Each Side) _____

Shuto Uchi 2 Points (1 Each Side) _____

Tettsui 2 Points (1 Each Side) _____

Nukite 2 Points (1 Each Side) _____

Morote Uke 2 Points (1 Each Side) _____

V. Kicks (10 Points)**Total Points** _____

Mae Geri 3 Points (1.5 Each Side) _____

Yoko Geri 3 Points (1.5 Each Side) _____

Mawashi Geri 2 Points (1 Each Side) _____

O-Mawashi Geri 2 Points (1 Each Side) _____

VI. Ido Waza (35 Points)**Total Points** _____**A.Single Waza (26 Points)**

Tsuri Ashi Oi Tsuki 4 Points (2 Each Side) _____

Tsuri Ashi Jodan Barai 4 Points (2 Each Side) _____

Tsugi Ashi Oi Tsuki 3 Points (1.5 Each Side) _____

Tsuri Ashi Mae Geri 3 Points (1.5 Each Side) _____

Tsugi Ashi Chudan Barai 3 Points (1.5 Each Side) _____

Neko Ashi Shuto Uchi 3 Points (1.5 Each Side) _____

Tsuri Ashi Gyaku Tsuki 3 Points (1.5 Each Side) _____

Tsugi Ashi Morote Uke 3 Points (1.5 Each Side) _____

B. Multiple Techniques (9 Points)

Total Points _____

Tsuri Ashi JB, Mae Geri, Gyaku Tsuki (3 Points) _____

Tsugi Ashi, CB, Gyaku Tsuki (3 Points) _____

Neko Ashi, Shuto Uchi, Tsugi Ashi Oi Tsuki (3 Points) _____

Total: _____ out of 100 Points

Kata - Blue Belt

Taikyoku Shodan	10 Points _____
Pinan Shodan	15 Points _____
Shinsei	15 Points _____
Pinan Nidan	10 Points _____
Pinan Sandan	10 Points _____
Wankan/Shinpa/Juroku	15 Points _____
Pinan Yodan	10 Points _____
Pinan Godan	15 Points _____

Intermediate level, proficiency, especially in stances and movement, must be demonstrated in yellow and orange belt kata.

Application - Blue Belt:

1. **Yakusoku Kumite** (performed at least twice, once slowly and once regular speed)
 - a. Pinan Shodan Yakusoku
 - b. Shinsei Yakusoku
 - c. Sandan Gi

2. **Ippon Kumite**
 - a. 10 Punches each side- Straight punch
 - b. 10 Punches each side- RH

3. **Self- Defense** (w/ Shodan student, then test admin. or high level black belt)

a. RH Punch	f. Bear Hug- Rear
b. Wrist Grab- same (all 3)	g. Frontal Choke
c. Wrist Grab- opposite	h. Kick
d. Lapel Grab- 1 hand	i. Tester's Choice
e. Lapel Grab- 2 hand	

4. **Applied self defense**
 - a. Demonstrated ability against random technique executed by first a Shodan, then test administrator or higher level black belt