

## **Blue Belt Syllabus**

### **Hand Techniques**

*Jun Tsuki (in Kiba Dachi) – Side Thrust Punch*  
*Tettsui (in Kiba Dachi) – Hammer Fist Strike*  
*Tettsui Gammen Uchi – Hammer Fist Strike to head*  
*Uraken Sayu Uchi – Invert Fist Strike to Side*  
*Uraken Furi Uchi – Invert Fist to Body*  
*Hiji Age – Rising Elbow Strike*  
*Morote Tsuki – High/Low Double Punch*  
*Shuto Oroshi Uchi – Descending Knife Hand Strike*  
*Kake Uke – Downward Forearm Hook Block*  
*Kote Uke – Upward Forearm Block*  
*Shuto Mawashi Stow Uke – Circular Knife-Hand Roundhouse Block*  
*4 Block Drill*

### **Kicks**

*Yoko Keage – Side Stretch Kick*  
*Yoko Geri – Side Kick*  
*Kansetsu Geri- Driving Joint Kick*  
*Mawashi Geri – Roundhouse Kick*

### **Stances**

*Heiko Dachi – Parallel*  
*Nekoashi Dachi – Cat Stance*

### **Kata**

*Blue Belt (8<sup>th</sup> Kyu): [Pinan I](#)*  
*Blue Kyu (7<sup>th</sup> Kyu): All previous kata with concepts of ura-kata, mihi-hajime, and san waza*

### **Self Defense**

*Blue Belt (8<sup>th</sup> Kyu): [Basic #5](#), [Basic #6](#)*  
*Blue Kyu (7<sup>th</sup> Kyu): Basic self-defense #5- #6 both sides*

### **Kumite Drills**

*Yakasoku Kihon Kumite Sono Ich (#1)*

### **Requirements for Testing**

*Blue Belt (8<sup>th</sup> Kyu) to Blue Kyu (7<sup>th</sup> Kyu): minimum 20 classes and 3 months, 2 stripes.*  
*Blue Kyu (7<sup>th</sup> Kyu) to Yellow Belt (6<sup>th</sup> Kyu): minimum 20 classes and 3 months, 2 stripes.*