

Techniques Syllabus

BLUE BELT

8th & 7th Kyu

Basic techniques as for white & orange belts as well as the following:

A) Techniques

*** Kihon (Basics)**

(1) Tachikata (Stances)

Takeashi Dachi

(2) Tsuki (Punches / Strikes)

Tettsui, Nukite, Shotei

(3) Uke (Blocks)

Morote Uke, Mawashi Uke, Shuto Mawashi Uke

(4) Kokyu Ho (Breathing Technique)

Ibuki

*** Ido (Moving Basics)**

Kokutsu Dachi Shuto Mawashi Uke, Enkei Gyaku Tsuki

Sanchin Dachi: Moving forward and backward, Turning --- eg: Sanchin Dachi +Seiken Chudan Gyaku Tsuki

Kiba Dachi: Moving sideways to front & back (Mae Kosa, Ushiro Kosa), Turning --- eg: Kiba Dachi Jun Tetsui

Combination: (Uke and Attack) --- eg: Zenkutsu Dachi +Jodan Uke- Seiken Chudan Gyaku Tsuki

Combination (Tsuki and Keri) --- eg: Zenkutsu Dachi +Mae Geri Seiken Chudan Tsuki

*** Kata**

Pinan Sono Ichi & Ni, Sanchin

B) Conditioning

* Flexibility: Shoulders touch the floor in a seated position with legs open.

* Push -ups: 40

* Jumping Squats : 40

* Hand stand : 40 seconds

* Chin ups: 8

* Jump (Tobi Geri): Your own height + 15 cm

C) Kumite