

# **BLUE BELT SYLLABUS**

**8th KYU**

**Junior (6-8 Years)**

## **HAND TECHNIQUES**

**Shuto Gammen Uchi** - Knife Hand Roundhouse Strike

**Shuto Sakotsu Uchi** - Downward Knife Hand Strike

**Hiji Mawashi Ate** - Roundhouse Elbow Strike

**Seiken Gyaku Zuki** - Reverse Punch

**Morote Nukite** - Double Spear 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**

**Seido Kata I**

## **BASIC SELF DEFENSE TECHNIQUES**

1

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### **To Be Eligible for Promotion:**

- Review all previous material
- 2 Months training & 20 Classes minimum since last promotion

# **ADVANCED BLUE BELT SYLLABUS**      **7th KYU**

**Junior (6-8 Years)**

## **HAND TECHNIQUES**

**Shuto Uchi Uchi** - Knife Hand Inner Strike

**(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** - Inner Fist Edge Strike

## **STANCES**

**Musubi Dachi** - Open Toe Stance

## **KATA**

**Taikyoku I, II**

## **BASIC SELF DEFENSE TECHNIQUES**

2

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