



Blue Belt Test Requirements

<u>Techniques</u>			
Fighting Stance, Front Kick, Roundhouse Kick Fighting Stance, Reverse Punch, Step, Reverse Punch 1 st going forward then backward Cresnet Step, Front Stance, Reverse Punch Cresnet Step, Front Stance, Chest Block, then Cresnet Step, Front Stance, Head Block then Cresnet Step, Front Stance, Leg Block then Cresnet Step, Catfoot Stance, Shuto Uke then Cresnet Step, Front Stance, Nukite			
<u>Terms</u>			
Sensei - Teacher Kiai - Shout of Spirit Dojo - Training Hall Ichi - One Ni - Two San - Three She - Four Go - Five Roku - Six Shichi - Seven Hachi - Eight Ku - Nine Ju - Ten	Chudan Yoko Uke - Chest Block Zenkutsu Dachi - Front Stance Mai Geri - Front Kick Karate - Empty Hand Seiken - Forefist Rei - Bow Kata - Form Gyaku Zuki - Reverse Punch Age Uke - Head Block Shiko Dachi - Sumo Stance Musubi Dachi - V Stance Gedan Barai - Leg Block Mawashi geri - Roundhouse Kick	Neko Ashi Dachi - Catfoot Stance Gi - Uniform Nukite - Spearhand Shuto Uke - Knife Hand Ushiro Geri - Back Kick	
<u>Stances</u>	<u>Kicks</u>	<u>Punch / Strikes</u>	<u>Blocks</u>
Front Sumo V Catfoot	Front Roundhouse Back	Forefist Reverse Spearhand	Chest Head Leg Knife
<u>Kata</u>		<u>Kumite</u>	
<u>Basic</u>		Must spar against two Black Belts	
Ju-Ni-No-Kata Pinan Nidan Pinan Shodan			
<u>Advanced</u>			