

## BLUE BELT 1

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Telephone# \_\_\_\_\_ Last Promotion \_\_\_\_\_

<b>Attendance</b> (min. 30 classes)					<b>BLUE BELT 1 REQUIREMENTS</b>				
1	2	3	4	5	<p><b>A) UKE WAZA</b></p> <p>Sukui uke-Scooping block                      Sune uke-Shin block                      Soku harai uke-Sole of foot block (outside to inside)                      Otoshi gedan uke-Dropping block</p> <p><b>B) TE WAZA</b></p> <p>Shuto Kunren-Shuto drill                      Haito Uchi - ridgehand strike                      Shita tsuki-Upper cut                      Tate tsuki-Standing fist punch</p> <p><b>C) KERI WAZA</b></p> <p>Mawatte ushiro geri-Spinning back kick (heel)</p> <p><b>D) KATA</b></p> <p>Pinan Sandan, Pinan Yondan</p> <p><b>E) KUMITE</b></p> <p>Sidekick/Backfist                      Step behind side kick/backfist                      Reverse punch/ rear front kick                      Open hand slap block/backfist</p> <p><b>F) OYO/SELF DEFENSE</b></p> <p>Front Choke    Rear Choke                      Front push</p>				
6	7	8	9	10					
11	12	13	14	15					
16	17	18	19	20					
21	22	23	24	25					
26	27	28	29	30					
31	32	33	34	35					
36	37	38	39	40					
Dues									

Name each of the Okinawan Kobudo weapons in our system and what is their origin.