

BLUE BELT 2

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 30 classes)					BLUE BELT 2 REQUIREMENTS							
1	2	3	4	5	<p>A) TE WAZA Ippon Ken - first knuckle strike Nakadaka Ippon Ken - Middle knuckle strike Koken- Bent wrist strike Morote tsuki-Two hand punch (passai) Haishu-open back hand strike Yubi no waza-finger techniques</p> <p>B) KERI WAZA Ura mawashi geri-Hook kick</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">mae geri/mawashi geri</td> <td style="width: 50%;">mae geri/ yoko geri(side)</td> </tr> <tr> <td>mae geri/ushiro geri</td> <td>mawashi geri/yoko geri(front)</td> </tr> <tr> <td>kake geri/mawashi geri</td> <td>yoko geri/ ushiro geri</td> </tr> </table> <p>C) KATA Pinan Godan</p> <p>D) KUMITE Kizami tsuki/ ashi barai Mikazuki geri/low roundkick Mikazuki geri/ high roundhouse kick</p> <p>E) KOBUDO Shushi no kun</p> <p>F) OYO/SELF-DEFENSE Ukemi-breakfall (on the mat) with protective foot guard</p> <p>G) REIGI-Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.</p>		mae geri/mawashi geri	mae geri/ yoko geri(side)	mae geri/ushiro geri	mawashi geri/yoko geri(front)	kake geri/mawashi geri	yoko geri/ ushiro geri
mae geri/mawashi geri	mae geri/ yoko geri(side)											
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kake geri/mawashi geri	yoko geri/ ushiro geri											
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												