

JUNIOR BLUE 1 BELT

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 30 classes)					JUNIOR BLUE 1 BELT REQUIREMENTS	
1	2	3	4	5	A) UKE WAZA Gedan morote nagashi uke-Low double sweeping block Juji Uke-X block (Jodan and gedan)	
6	7	8	9	10		
11	12	13	14	15		B) TE WAZA <i>(with an explanation of use)</i> Shuto Kunren-Shuto drill Haito Uchi - ridgehand strike Shita tsuki-Upper cut Tate tsuki-Standing fist punch
16	17	18	19	20		
21	22	23	24	25		
26	27	28	29	30		
31	32	33	34	35		C) KERI WAZA Shita Mikazuki Geri-Outside Crescent Kick Keri Kunren-Kicking Drill
36	37	38	39	40		
Dues						
						E) KUMITE Backfist/reverse punch Backfist/reverse punch/rear roundhouse kick Backfist/reverse punch/ashi barai Freesparring with a partner
					F) OYO/SELF DEFENSE Front Choke Rear Choke Front push	
Name each of the Okinawan Kobudo weapons in our system and what is their origin.						