

JUNIOR BLUE 2 BELT

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 30 classes)					JUNIOR BLUE 2 BELT REQUIREMENTS									
1	2	3	4	5	<p>A) TE WAZA</p> <p>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</p> <p>Naka ni Mikazuki Geri-Inside Crescent Kick Keri Kunren-Kicking Drill</p> <p>C) KATA</p> <p>Pinan Shodan</p> <p>D) KUMITE</p> <p>Kizami tsuki/ ashi barai Mikazuki geri/low roundkick Mikazuki geri/ high roundhouse kick</p> <p>E) Kobudo</p> <p>Shushi no kun</p> <p>F) OYO/SELF-DEFENSE</p> <p>Ukemi-breakfall (on the mat) with protective foot guard</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														