

# Requirements for 2nd Degree Blue Belt

## Two Stripes - Blue Belt - Rokyu

### EXERCISES

Two Ct Side Straddle Hop  
 Six Count Stretch  
 Eight Count Stretch  
 Hurdler's Stretch  
 Two Count Neck Stretch  
 Four Count Neck Stretch  
 Leg Kicks

### ROLLS & FALLS (SUTEMI)

Front, Back, Side and  
 Combination Rolls  
 Fishflop, Rolling Flatfall,  
 Sidefall, Facefall, and  
 Standard Controlled Flatfall  
 (2 Hand Sutemi)

### YAWARA (Into Hanmi Stance)

Katate Hazushi Ichi  
 Katate Hazushi Ni  
 Ryote Hazushi  
 Morote Hazushi  
 Momiji Hazushi  
 Ryoeri Hazushi  
 Yubi Tori Hazushi

Moro Yubi Tori  
 Katate Tori  
 Ryote Tori  
 Ryoeri Tori

Tekubi Tori Ichi  
 Tekubi Tori Ni  
 Akushu Kote Tori  
 Akushu Ude Tori  
 Akushu Kotemaki Tori  
 Kubi Nuki Shime  
 Hagai Shime

### NAGE WAZA

Deashi Harai	1
Ogoshi	8
Seoi Goshi	12
Tsurikomi Goshi	13
Seoi Nage	10

### JUDO (RANDORI)

Seoi Goshi – rt foot pvt  
 Osoto Gari  
 Kesa Gatame

### KATATE WAZA (Enshin Stance)

Forefist Punch (Seiken)  
 Knife Hand Strike (Shuto)  
 Elbow Strike (Empi/Hiji)  
 Front Kick (Mae Geri)  
 Side Kick (Yoko Geri)  
 Crossarm Block (Juji Uke)  
 Rising Forearm Block (Jodan Uke)  
 Middle Inside Block (Cudan Uchi Uke)  
 Middle Outside Blk (Chudan Soto Uke)  
 Lower Outside Block (Gedan Barai)  
 Four Point Blocking Sequence  
 Parry Sequence (Negashi Uke)

### CONCENTRATION & BREATHING

5 minutes in group

### WEAPONS

Avoidance Movement  
 "Fetch" Roll Pickup  
 Onegai Shimas Reciept

### KARATE FORMS

Taikyoku 1  
 Practice Fight

### STANCES

Enshin Stance  
 Hanmi Stance

### PHYSICAL FITNESS

	W	M
Pushup	10	15
Situp	15	20
Squats	15	20
Pullups	1	3
½ mile run or 3 min in place		

### ACCUPRESSURE

Tianzhu – B 10  
 Hoku – LI 4  
 Jia Ji Points – palpation  
 Ki Flow – CCW palm to palm

### FIRST AID

Basic life support  
 Standard CPR Certification  
 or minimum of mouth to  
 mouth if class not avail.

### EXAMS (excludes First Aid and Accupressure)

Written – Online test matching arts to their descriptions – score 70% or better to pass  
 Performance – 15 arts, Taikyoku 1 and practice fight – score 5 or better per art