

# Requirements for 1st Degree Blue Belt

## One Stripe - Blue Belt - Gokyu

### EXERCISES

One Ct Side Straddle Hop  
 Wrestler's Bridge  
 Eight Count Sit Up  
 Fingertip Pushup  
 Cat Pushup  
 Squat Thrust  
 Frog Hop  
 Wrist and Ankle Twists

### SUTEMI (FALLS)

Backfall C  
 One Hand Sutemi  
 Straightover (no hand sutemi)

### YAWARA

Teach all –  
 Demo distancing, Kiai,  
 body movements, concepts, etc

### STANCES

Parallel Stance  
 Cat Stance (Nekoashi Dachi)

### CONCENTRATION & BREATHING

Ten Minutes

### NAGE WAZA

Okuri Harai	3
Soto Gama	4
Uchi Gama	5
Ushiro Goshi	11
Makikomi Goshi	17

### JUDO (RANDORI)

Seoi Nage  
 Tai Otoshi  
 Ouchi Gare  
 Kouchi Gari  
 Kezure Kesa Gatame  
 Shiho Gatame

### KATATE WAZA

Hammerfist (Tetsui)  
 Palm Heel Strike (Shotei)  
 Roundhouse Punch  
 (Seiken Mawashi Uchi)  
 Knee Kick (Hiza Geri)  
 Stomp Kick (Kakato Geri)  
 Back Kick (Ushiro Geri)  
 Roundhouse Kick (Mawashi Geri)

### ESCRIMA

Five Point Form – Offense & Defense

### KARATE FORMS

Taikyoku 2  
 Taikyoku 3  
 Taikyoku 4  
 Practice Fights

### PHYSICAL FITNESS

	W	M
Pushup	15	25
Situp	25	30
Squats	25	30
Pullups	3	6
One mile run or 6 min in place		

### ACCUPRESSURE

Zu San Li – ST 36  
 Fenchi – GB 20  
 San Yin Chiao – SP 6

### FIRST AID

Treatment for shock  
 Control of bleeding  
 First Aid Card and CPR

All previous requirements are still in effect. The first 5 throws from 2<sup>nd</sup> blue are to be done left handed. The throws are to be done in one of the ways taught to the student, as is most comfortable for them. The notebook is still optional, however it is strongly recommended as your next rank will require it.