

# Junior Blue Belt | Hachikyu

## General Requirements

### Objectives

Build confidence in basic techniques. Demonstrate enhanced understanding of major techniques with systematic improvement.

### Exercises | Kisotairyoku

- 20 Push-ups**
- 25 Sit-ups**
- 25 Squats**

### Stances | Dachi

- Natural stance | Shizentai dachi
- One-foot forward stance | Moro ashi dachi

### Punches and Strikes | Tsuki, Uchi

- Back fist strike to head | Uraken ganmen uchi
- Knife hand to temple | Shuto ganmen uchi
- Vertical fist strike | Tate tsuki

### Blocks | Uke

- Middle inside block / Lower block combo | Chudan uchi uke / Gedan barai combination

### Kicks | Keri

- Low roundhouse kick | Gedan mawashi geri
- Upper front kick | Jodan mae geri
- Roundhouse knee kick | Hiza mawashi geri

### Combinations | Ido Geiko

- Instructor choice, in Moro ashi dachi

### Forms | Kata

- First Cause/Grand Ultimate 2 | Taikyoku Ni

### Weapons | Kobuto

- Nunchaku Ichi

### Self Defense | Goshin Jutsu

- Single-handed chest push

- Chokes: Front, side
- Augmented block of head kick

### Fall and Rolls | Ukemi

- Break falls: Side

### Fighting | Kumite

- 3 Fights

### Terminology

- |   |   |
|---|---|
| <input type="checkbox"/> Hand   Te          | <input type="checkbox"/> Hammer fist   Tetsui |
| <input type="checkbox"/> Backfist   Uraken  | <input type="checkbox"/> Elbow   Hiji         |
| <input type="checkbox"/> Palm   Shotei      | <input type="checkbox"/> Knife hand   Shuto   |
| <input type="checkbox"/> Fore fist   Seiken | <input type="checkbox"/> Inner                |
| <input type="checkbox"/> Wrist top   Koken  |   |
| <input type="checkbox"/> knife hand   Haito |   |

### Other Requirements

- Improved competency with basic stances.
- Improved posture and balance.

### Code of Conduct

- Justice (**gi**) matters in the world. Consider everyone's point of view. Be true to yourself.
- Loyalty (**chu**) is not blind. Be true to principles. Accept consequences of your actions.
- Show compassion (**jin**) to everyone. Be kind. Strive to improve the lives of others.
- Be honest (**makoto**) in all things. If you mean it, say it. If you say it, do it.

### Journal