

Hachikyu | Blue Belt

Requirements

Minimum training time since 9th kyu grading: **30 hours**

Primary Objectives: It is important that as new techniques are introduced, the student is given a chance to absorb and practice them. Attempting to advance too fast at this point will be unproductive. A reasonable degree of proficiency is expected from students when moving, particularly with regards to balance and angles.

In addition to improved previous requirements:

Exercises

20 Push-ups

40 Sit-ups

30 Squats

Strikes

Jun Tsuki (straight strike from shoulder)

Tate Tsuki (vertical fist punch)

Uraken Hizo Uchi (backfist strike to spleen)

Uraken Mawashi Uchi (backfist circular strike to head)

Shuto Sakotsu Uchi (knife hand strike to clavicle)

Enkei Gyaku Tsuki (circular deflection reverse punch)

Blocks

Morote Uchi Uke (two-arm augmented inside block)

Chudan Uchi Uke / Gedan Barai (middle inside block, sweeping down block combination)

Kicks

Yoko Keage (side stretch kick)

Gedan Mawashi Geri (low round kick)

Jodan Mae Geri (upper front kick)

Hiza Mawashi Geri (round knee kick)

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Stances

Shizentai Dachi (natural stance)

Moro Ashi Dachi (one-foot forward stance)

Ido Geiko

Ido Geiko San

- Step 1. From Zenkutsu Dachi step into Kiba Dachi 90 degrees with Jun Tsuki, then Uraken Hiza Uchi with the same arm. Step across with front leg into Zenkutsu Dachi, Chudan Morote Uchi Uke, then Chudan Uchi Uke/Gedan Barai.
- Step 2. Step into Kokutsu Dachi, Oi Uraken Mawashi Ganmen Uchi, Gyaku Chudan Tate Tsuki, slide forward with front leg into Zenkutsu Dachi, strike Oi Shuto Sakotsu Uchi.
- Step 3. Yoko Keage (Mae) and Jodan Mae Geri with your rear leg returning it to the rear, then Gedan Mawashi Geri and step forward into Zenkutsu Dachi.

Mawatte: Enkei Gyaku Tsuki.

Yakusoku Juppon Kumite Ichi

Face your partner in Zenkutsu Dachi and step forward with the first technique only.

- Step 1. Step into Zenkutsu Dachi and Chudan Oi Tsuki
- Step 2. Jodan Oi Tsuki
- Step 3. Gedan Oi Tsuki
- Step 4. Oi Jodan Uke
- Step 5. Chudan Gyaku Tsuki
- Step 6. Oi Gedan Barai
- Step 7. Chudan Gyaku Tsuki
- Step 8. Mawatte, Gedan Barai
- Step 9. Step into Zenkutsu Dachi and Oi Chudan Tsuki
- Step 10. Mawatte, Gedan Barai

Kata

Taikyoku San (grand ultimate form three)

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Taikyoku Ichi (grand ultimate form one) | Ura, Tate

Sokugi Taikyoku Ichi (kicking grand ultimate form one) | Kansetsu Geri / Mae Geri

Weapons

Nunchaku Ichi (joined two stick form one)

Escrima Basic Techniques | 3-Way, Rodondo

Self Defense

Single Collar Grab

Single and Double Roundhouse Punch

Straight Punch

Mugger Hold

Kick at Groin

Single-Handed Chest Push

Throws

De Ashi Barai (sweeping throw)

O Goshi (big hip throw)

Ukemi (rolling and falling combinations)

Kumite

3 Bare Fist Fights