

Shichikyu | Blue Belt + Stripe

Requirements

Minimum training time since 8th kyu grading: **40 hours**

Primary Objectives: Student fitness and stamina should be increasing.

Kiai: Must show correct Kiai in all techniques AND kumite.

In addition to improved previous requirements:

Exercises

25 Push-ups

50 Sit-ups

40 Squats

Strikes

Tettsui Komi Kami (hammer fist strike to side of head)

Tettsui Oroshi Ganmen Uchi (hammer strike downward to head)

Tettsui Hiza Uchi (hammer fist strike to spleen)

Tettsui Yoko Uchi (hammer fist strike to side) | Jodan, Chudan, Gedan

Shuto Uchi Uke (inside knife hand strike)

Shuto Sakotsu Uchi Komi (knife hand strike to sternum)

Shuto Hiza Uchi (knife hand strike to spleen)

Blocks

Shuto Mawashi Uke (round block with knife hand)

Kicks

Chudan Mawashi Geri (middle round kick)

Gedan Mae Kakato Geri (low front heel kick)

Stances

Neko Ashi Dachi (cat stance)

Shichikyu | Blue Belt + Stripe

Breathing Technique

Ibuki (restricted deep breathing)

Ido Geiko

Ido Geiko Yon

- Step 1. From Zenkutsu Dachi step into Kokutsu Dachi, block Shuto Mawashi Uke, strike Oi Tettsui Komi Kami, slide front foot into Zenkutsu Dachi, Gyaku Tettsui Oroshi Ganmen Uchi, Oi Tettsui Hiza Uchi.
- Step 2. Step into Zenkutsu Dachi, strike Oi Shuto Uchi Uke, Gyaku Shuto Sakotsu Uchi Komi, Oi Shuto Hiza Uchi.
- Step 3. Rear leg Chudan Mawashi Geri (return foot to rear), rear leg Gedan Kakato Geri, step forward into Zenkutsu Dachi. Mawatte: Gedan Barai.

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Yakusoku Juppon Kumite Ni

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

Kata

Pinan Ichi (safe from harm form one)

Taikyoku Ichi, Ni, San (grand ultimate form one, two, three) | Ura, Tate

Sokugi Taikyoku Ni (kicking grand ultimate form two) | Yoko Geri / Mae Keage

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Weapons

Nunchaku Ni (joined two stick form two)

Self Defense

Front Hair Grab

Headlock

Front Under-Arm Bear Hug

Rear Under-Arm Bear Hug

Attempted Side Bear Hug

Throws

Uki Waza (side sacrifice throw)

Ippon Seoi Nage (shoulder throw)

Kumite

4 Bare Fist Fights

