

Hachikyu | Blue Belt

General Requirements

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

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.

Exercises | Undou

- 30 Push-ups**
- 30 Sit-ups**
- 30 Squats**

Stances | Dachi

- Natural stance | Shizentai Dachi
- One foot forward stance | Moro Ashi Dachi

Punches and Strikes | Tsuki, Uchi

- Straight strike from shoulder | Jun Tsuki
- Vertical fist punch | Tate Tsuki
- Backfist strike to spleen | Uraken Hizo Uchi
- Backfist circular strike to head | Uraken Mawashi Uchi
- Knife hand strike to clavicle | Shuto Sakotsu Uchi
- Circular deflection reverse punch | Enkei Gyaku Tsuki

Blocks | Uke

- Two-arm augmented inside block | Morote Uchi Uke
- Middle inside block/sweeping down block combination | Chudan Uchi Uke / Gedan Barai

Kicks | Keri

- Side stretch kick | Yoko Keage
- Low round kick | Gedan Mawashi Geri
- Upper front kick | Jodan Mae Geri
- Round knee kick | Hiza Mawashi Geri

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Combinations | Ido Geiko

- Instructor choice, both stances and techniques

Pre-Arranged Sparring | Yakusoku Juppon Kumite

- Instructor choice, both stances and techniques, offense and defense

Forms | Kata

- Kicking First Cause/Grand Ultimate 3 | Sokugi Taikyoku San | Yoko Geri / Uchi Mawashi Geri / Soto Mawashi Geri
- Kicking First Cause/Grand Ultimate 4 | Sokugi Taikyoku Yon | Yoko Geri / Jodan Mawashi Geri / Ushiro Mawashi Geri
- Safe from Harm/Peaceful Mind 1 | Pinan Ichi

Weapons | Kobudo

- Joined Sticks 2 | Nunchaku Ni
- Joined Sticks 3 | Nunchaku San

Self Defense | Goshin Jutsu

- Single Collar Grab
- Single and Double Roundhouse Punch
- Straight Punch
- Mugger Hold
- Kick at Groin
- Single-Handed Chest Push

Throws | Nage

- Sweeping throw | De Ashi Barai
- Big hip throw | O Goshi
- Rolling and falling combinations | Ukemi

Fighting | Kumite

- 6 Bare Fist Fights

Terminology

- Hand | Te
- Fore fist | Seiken
- Vertical strike | Tate tsuki
- Back fist | Uraken

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- Wrist top | Koken
- Knife hand | Shuto
- Inner knife hand | Haito
- Palm hand | Shotei
- Hammer fist | Tetsui
- Spear hand | Nukite
- Forearm | Kote
- Elbow | Hiji

Other Requirements

- A reasonable degree of proficiency is expected from students when moving, particularly with regards to balance and angles.
- Improved competency with basic stances.
- Improved posture and balance.

Code of Conduct

7 Virtues of Bushido

- Justice** | Consider all points of view before committing to and making a decision. Be true to yourself.
- Respect** | Behaviors that ensure effective, safe training, development of martial skill, and growth over time.
- Courage** | Use intelligence and strength to face danger, take balanced risks, and live a full life.
- Honor** | Every decision you make reflects your character. Judge only yourself.
- Compassion** | Building true strength takes dedication and effort. Always use your power for good. Be kind. Strive to improve the lives of others.
- Honesty, Integrity** | Your word is your bond. If you mean it, say it. If you say it, do it. Make no excuses.
- Loyalty** | Be true to your principles and protect all who are in your care. Accept consequences of your words and actions.

Journal

At a minimum, reflect on:

1. What has gone well
2. What has not gone well
3. What you need to do to improve