

Junior Blue Belt + Stripe | Shichikyu

General Requirements

Objectives

Apply basic techniques in defined circumstances. Demonstrate deeper understanding of techniques with consistent improvement. Develop growth mindset.

Exercises | Kisotairyoku

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

Stances | Dachi

- Backward leaning stance | Kokutsu dachi
- Three-point stance | Sanchin

Punches and Strikes | Tsuki, Uchi

- Hammer fist strike to side: Upper, middle, lower | Tettsui yoko uchi: Jodan, chudan, gedan
- Hammer fist strike to spleen | Tettsui hizo uchi
- Hammer fist strike to temple | Tettsui kome kami
- Hammer fist strike descending | Tettsui oroshi ganmen uchi

Blocks | Uke

- Roundhouse knife hand block | Shuto mawashi uke

Kicks | Keri

- Middle roundhouse kick | Chudan mawashi geri
- Middle front heel kick | Chudan mae kakato geri

Combinations | Ido Geiko

- Instructor choice, in Kokutsu dachi

Breathing Technique

- Ibuki (restricted deep breathing)

Forms | Kata

- First Cause/Grand Ultimate 3 | Taikyoku San
- First Cause/Grand Ultimate 1, circular | Taikyoku Ichi | Ura

Weapons | Kobuto

- Nunchaku Ni

Self Defense | Goshin Jutsu

- Straight punch
- Kick at groin

Fall and Rolls | Ukemi

- Backwards roll: Sitting

Fighting | Kumite

- 4 Fights

Terminology

- | | |
|--|--|
| <input type="checkbox"/> Ball of foot Chusoku | <input type="checkbox"/> Shin Sune |
| <input type="checkbox"/> Instep Haisoku | <input type="checkbox"/> Heel Kakato |
| <input type="checkbox"/> Outside edge of foot Soku tou | <input type="checkbox"/> Life energy; to unify Kiai |
| <input type="checkbox"/> Arch of foot Tei soku | |

Other Requirements

- Increase fitness and stamina.
- Forceful, consistent kiai.

Code of Conduct

- 5 principles of good health
 - Nutrition
 - Exercise
 - Rest
 - Hygiene
 - Positive attitude

Journal