

Blue Belt Test

Mandate:

A Clear Understanding of the Techniques on Test

Speed is Required

Power is Required

No Upper and Lower Body Separation



I. Kihon / Basics

1. Linear Defensive Waza _____
2. Linear Offensive Waza _____
3. Stance Waza _____
4. Open Hand Waza _____
5. Sweeping Waza _____
6. Elbow Waza _____

II. Kata / Forms

1. Heian Nidan Jiyu (free) _____
2. Heian Sandan PK _____
3. Heian Yodan _____

III. Kumite / Kata Application /Timing, Distancing and Control

1. Heian Nidan _____
2. Heian Sandan _____
3. Heian Yodan _____

IV. Dashi / Stance

1. Attention Stance _____
2. Ready Stance _____
3. Front Stance _____
4. Back Stance _____
5. Horse Stance _____
6. Hook Stance _____
7. Cat Stance _____
8. Half Moon Stance _____
9. Hour Glass Stance _____
10. Rooted Stance _____
11. Walking Stance _____

Candidate: _____

Examiner: _____

Date: _____