

Blue Belt Syllabus

Ukemi

Sakadachi from someone kneeling

Kutaway

Half somersault

Nagewaza

Kuki Nage

Air throw

Ude Juji Nage

Cross Arm throw

Kubi Nage

Neck throw

De Ashi Barai

Leading ankle sweep

Ushiro Goshi

Rear Hip throw

Uki Otoshi

Floating drop

Yama Arashi

Mountain Storm

O Sukui Nage:

Major Scoop Throw

Ko Sukui Nage:

Minor Scoop Throw

O Guruma

Major Wheel

Nage No Kata

Te Waza:

Hand Techniques

Uki Otoshi

Ippon SeioNage

Kata Guruma

Kubudo

NOT GRADED

Happo Giri Kata

Eight strike kata (katana)

First Bokken Kata

a) Attack Centre

b) Step and Parry. Attack centre back

Second Bokken Kata

a) Strike to head

b) Step to one side and attack neck

a) Duck and attack ankles

b) Standing jump and strike down

Baton Defences against single unarmed attacker

Step and strike

Ude Gatame

Ude Garami

Yoko Hishigi

Blue Belt Syllabus

Waza

Counter to Chokes

- 1) Strike to floating ribs then O Goshi
- 2) Towara Gaeshi
- 3) Ippon Seio Nage
- 4) Drop weight onto arm then Tai Otoshi
- 5) Turn towards and O Soto Gari

Shime Waza:

Strangle Techniques

Tsuri Kome Jime	Thrusting Strangle
Gyaku Juji Jime	Reverse Cross Strangle
Kata Eri Jime	Single Sleeve Strangle
Ryote Jime	Two Handed Strangle
Kata Ha Jime	Single Arm Strangle
Okuri Eri Jime	Sliding Collar Strangle
Ura Juji Jime	Rear Cross Strangle

Throw Combinations

Seio Otoshi	into	Tane Otoshi
Ippon Seoi Nage	into	Yoko Kote Gaeshi
O Goshi	into	Yoko Soto Gari
Uke Goshi	into	O Uchi Gari
Ko Soto Gari	into	Tane Otoshi

Defences

Chair	Straight down, roundhouse, charging
Bokken	Straight down, diagonally down, lunge

Middle Work

- 2 armed attackers (similar weapons)
- Live knife (face or stomach)
- 15 throws in 1 minute