Requirements for Rokyu- Blue Belt

All Previous Requirements, Plus…

Minimum Classes Trained- 40 Tool Familiarization- Jo

Know your rank (**Shichikyu**) and the rank you are testing for (**Rokyu**).

Correct Folding of the Uniform and Belt (Gi and Obi).

Katas- Sankyu Kata Practice- Mawashi Uke Undo, Ichikyu Bo

Terms- Reverse Forward Leaning Stance- **Gyaku Zenkutsu Dachi**

 Cat’s Paw Stance- **Neko Dobi Ashi** Spear Hand- **Nukite**

 Knife Hand- **Shuto** Hand Sword- **Tegatana**

 Crescent Kick- **Mikkatsuki Geri** Sitting Position- **Seiza**

 Entering- **Irimi** Circling Around- **Tenken**

Focus- **Kime** Power- **Chikara**

Attacks to the Vital Points- **Atemi Waza**

What is Angling? Approaching a target from any point other than the front.

Count to 30 (20-30)- **Ni Ju, Ni Ju Ichi, Ni Ju Ni, Ni Ju San, Ni Ju Shi,**

 **Ni Ju Go, Ni Ju Rokyu, Ni Ju Shichi, Ni Ju Hachi, Ni Ju Ku, San Ju**

Must know the 22 words from the *Body Parts Terms* section of the Terms Sheet.

Judo- Backward Rolling Breakfall- **Ushiro Kaiteri Ukemi**

Side Rolling Breakfall- **Yoko Kaiteri Ukemi**

Big Hip Throw- **O Goshi** (and variations)

Jujitsu- Cross Body Lock**-** **Juji Gatame**

Aikido- **Sankyo** (Wrist Twist)- **Kote Hineri**

 **Rokyo** (Reverse Wrist Twist)- **Kote Gaeshi**

 **Shichikyo** (Four-Corner Throw)- **Shiho Nage**

Must demonstrate a technique against a knife slash and a knife stab.