Requirements for Shichikyu- Orange Belt

All Previous Requirements, plus…

Minimum Classes Trained- 30 Tool Familiarization- Sai

Recite the four-point Code of Self-Protection-- **AEEA** (Aware, Evade, Escape, Attack)

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

Demonstrate kneeling sword bow

Know the Founders of Eugue Ryu- Kensenzu Yama-Eugue Sensei-

Ray Flowers Sensei- Oscar Adams Sensei- Michael Young Sensei- Shane Topp Sensei

Katas- Nikyu Kata and Pinan Shodan.

Terms—

 Backward Leaning Stance- **Kokutsu Dachi** Waiting Stance- **Hachiji Dachi**

 Inside Block-**Uchi Uke** Knife Hand Block- **Te Soto Uke**

 Cross Block- **Juji Uke** (3 levels) Ridge Hand Strike- **Haito**

 Hammer Fist- **Tettsui** Palm Heel Strike- **Shotei**

 Roundhouse Kick- **Mawashi Geri** Knee Kick- **Hiza Geri**

 Back Kick- **Ushiro Geri** Off-Balancing- **Kuzushi**

 Off-Balancing in all directions- **Happo-no-Kuzushi**

Time and Spacing- **Ma-Ai** Constant Awareness- **Zanshin**

 Must know the 26 words from the *Basic Class Terms* section of Terms Sheet.

 Count to 20 (10-20)- **Ju, Ju Ichi, Ju Ni, Ju San, Ju Shi, Ju Go, Ju Rokyu**

 **Ju Shichi, Ju Hachi, Ju Ku, Ni Ju**

Judo— Rolling Breakfall- **Kaiteri Ukemi** (All breakfalls from a standing position).

 Partner who Performs Technique- **Tori** (or **Nage**)

 Partner who Receives Technique- **Uke**

 Various Foot Sweeps- **Ashi Barai** Scarf Hold- **Kesa Gatame**

Jujitsu- Underhand Wrist Lock- **Shiho Nage Osae**

Aikido- **Ikkyo** (Arm Bar) **Ude Osae**

 **Nikyo** (Wrist Turn-In) **Kote Mawashi**