

REQUIREMENTS FOR ROKYU BLUE BELT

All Previous Requirements Plus:

Knowledge:

- Lineage
- Committee
- Name of Style, Organization, and School
- How to Correctly Fold the Gi and Belt

Dachi (Stances):

- All Stances Except for Sanchin Dachi
- Body Weight Percentage for Stances

Uke (Blocks/Defense):

- Juji Uke (Cross Block)
- Mawashi Uke (Circular Block)
- Parts of the arm that we use

Ukemi (Breakfalls):

- All 6 from Standing Position > Includes Side Rolling and Backwards Rolling

Tewaza (Strikes/Hand Techniques):

- Nukite (Spear Hand)
- Shuto (Knife Hand)
- Shotei (Palm Heel)
- Mawashi Tsuki (Round House Strike)

General Terminology:

- All General Terminology > Focus on Body Parts

Count to 30 in Japanese:

Kata:**Kids:**

- Ichi-Kyu
- Ni-Kyu
- Pinan Shodan
- Sankyu (Start)

Adults:

- Ichi-Kyu
- Ni-Kyu
- Pinan Shodan
- Sankyu

Blocking Exercises:

- Uke Undo
- Mawashi Uke Undo

Nagewaza (Throwing Techniques):

- O-Soto Gari (Major Outer Reaping Throw)
- O-Goshi (Major Hip Throw)

Tatame Waza (Grappling/Mat Techniques):

- Kesa Getame (Scarf Hold)
- Juji Getame (Cross Arm Lock)
- Shiho Getame (4-Corner Hold)

Shime Waza (Choking Techniques):

- Hadaka Jime (Rear Naked Choke)

Kansetsu Waza (Joint Manipulation Techniques):

- Ikkyo > Ude Osae (Arm Pin) > Ikkajo
- Nikyo > Kote Mawashi (Forearm Turn In/Rotation) > Nikajo
- Sankyo > Kote Hineri (Forearm/Wrist Twist) > Sankajo

Basic Knife Defense:**Adults:**

- Straight Attack
- #1 Attack

