



Blue Belt Review (9 Kyu)



Blue Belt Customs & Protocol

1. Refer to *dojo* directors in their own *dojos* and 4th *dan* and above instructors as *sensei*. When in doubt address any black belt as *sensei*.
2. Refer to 1st *dan* to 3rd *dan*, who are not *dojo* directors, as *sempai*.
3. Do not turn your back after bowing to *sensei* or *sempai*. Step backward about 3-4 steps, then turn and continue walking.
4. When handing weapons to *sensei* or other higher ranking students, always hand them the handle or grip first. Present the weapon and allow *sensei* to take it from you.
5. During break *sensei* should receive water first, then all *sempai*.
6. *Sensei* should always be given the proper respect at functions, both inside and outside the *dojo*.
7. *Gi*'s should be washed before each class, however your *obi* should never be washed.
8. A completely white *gi* must be worn along with an *obi*. *Dan* ranks may wear a combination of black and white *gi*'s, but only *sensei* may wear a completely black *gi*.
9. Footwear is not to be worn while in the *dojo*.
10. If you should get to class late and the class is bowing in, remove your shoes and follow along in your street clothes. After bowing in, quickly change into your *gi* and wait in the back of the class at attention until you are recognized and allowed to join the class.
11. When receiving a certificate, belt, etc., answer "*hai*" when your name is called. Walk quickly behind the line you are in, to the left, and up to the front. Stop and bow. Walk across the front row. Stop and bow. Approach *sensei* in a straight line and receive your certificate, belt, etc. with both hands, and bow. Back up four steps, then bow again. Turn and go back to your space in line, entering from behind your line.



Koteatie Set #1

Learn to tighten upon impact. Communicate with your partner. Striking too hard may cause deep bone, muscle and nerve damage.

TECHNIQUE

STRIKE

- | | |
|--|--|
| 1. Inside forearm to inside forearm | both partners strike, alternate arm |
| 2. Inside forearm, double bone block, low block | both partners strike, alternate arm |
| 3. Inside forearm, cross body block, low block | both partners strike, alternate arm |
| 4. Knife hand strike to inside forearm | alternate arm |
| 5. Double knife hand strike to arm,
above wrist, below elbow, at biceps | outside arm, inside arm, alternate arm |



Blue Belt One Step Ippon Kumite #2

The defender and attacker begin each exercise in a left front stance. The attacker steps forward and punches as the defender blocks and steps back.

ATTACKER

1. Punch to *obi*
2. Punch to solar plexus
3. Punch to face
4. Middle punch
5. Middle punch
6. Middle punch
7. Middle punch

DEFENDER

- Down block, reverse punch
- Double bone block, reverse punch
- High block, reverse punch
- Cross body block, reverse punch
- Single bone block, reverse punch
- Knife hand block, reverse punch
- Double bone block, sweep, grab wrist, punch to neck



Self Defense 1-3

Bow to partner as a courtesy before commencing self defense practice and when the practice is completed. Each self defense technique is performed both right to left and left to right. The defender should always change body 45° to the attacker's force and direction of movement.

ATTACKER

DEFENDER

- | | |
|------------------|--|
| 1. Wrist grab | Hand trap, snap kick; step back, change body, raise arm, thumb lock; snap kick to leg. |
| 2. Elbow grab | Hand trap, snap kick, step back, change body, raise arm, knife hand above elbow, snap kick to leg. |
| 3. Shoulder grab | Hand trap, slap up on triceps, snap kick; step back, change body, pull arm off shoulder and twist, push down on shoulder, step in, finger jab to neck. |



Fu Kyu Gata Ni

#	STEP	STANCE	TECHNIQUE
	<i>Yoi</i>	Attention	Left hand, fingers down, in front of right hand
1.	90° left, left forward	Long left front	Left double bone block
2.	Right forward	Right front	Right middle punch
3.	180° right, right forward	Long right front	Right double bone block
4.	Left forward	Left front	Left middle punch
5.	90° left, left forward	Long left front	Left double bone block
6.	Right forward	Right front	Right middle punch
7.	Left forward	Left front	Left middle punch
8.	Right forward	Right front	Right middle punch, <i>kia</i>
9.	225° left, left forward	Long left front	Left double bone block
10.	Right forward	Right front	Right high block
11.	90° right, right forward	Long right front	Right double bone block
12.	Left forward	Left front	Right high block
13.	45° left, left forward	Left front	Left reverse middle punch, <i>kia</i>
14.	Right forward	Right front	Right reverse middle punch
15.	Left forward	Left front	Left reverse middle punch
16.	Right forward	Right front	Right reverse middle punch
17.	225° left, left forward	Long left front	Left double bone block
18.	Right forward	Right front	Right face punch
19.	90° right, right forward	Long right front	Right double bone block
20.	Left forward	Left front	Left face punch
	<i>Yame</i> 45° left, left back	Attention	Left hand in front of right hand, fingers down