

## RANK STUDY GUIDE - BLUE BELT

At blue belt you are solidly in the intermediate ranks. You are well versed in the fundamentals, and are embracing very challenging material. There is a lot to learn at this rank, so self-discipline is very important as you must practice to maintain what you have learned.



KULA ONA KUPALE

### BASICS:

- All Purple Belt Basics
- All empty hand sets
- Skip and strike footwork
- Shuffle Footwork with strikes
- Slips & U-Slips
- Jab/Cross/Hook/Uppercut on Mitts
- Stick angles 1-5
- Defense vs. Stick Angle 1, 3 and 5
- 16 Proper Pushups
- Solid Stances
- Replacing Guard from Side Control
- Armbar from Guard
- 2 wrist locks
- Placement Knife (4)
- Siniwali 1
- Knife angles 1-5 (13 and up)

### TECHNIQUES:

- Evading the Lunge
- Breaking the Twig
- Basic Knifehand
- Parting Wings
- Facing the Tiger
- Twin Tigers
- Shield and Hammer

### FORMS:

- Basic H-Pattern
- Shiru Kuma (White Bear)
- Kempo Jutsu Kata One
- Kempo Jutsu Kata Two
- Kempo Jutsu Kata Three

### SPARRING:

- Participates in medium speed free sparring (no head contact)
- Three beat sparring drills with lateral movement
- Introduce front leg sweeps
- Ring Control and Use of Combinations