

RANK STUDY GUIDE - JUNIOR BLUE BELT

Junior Blue belt is the beginning of the intermediate ranks. You already know what to expect, and now it is time to get to work improving. You are expected to be a model to the newer students in the basics of the art.



KULA ONA KUPALE

BASICS:

- All Previous Belt Basics
- Elbow Set
- Skip punch
- Skip Kick
- Fighting Stance
- Bear Hug Defense
- Jab/Cross/Hook/Uppercut on Mitts
- Stick angles 1-5
- Defense against Stick Angle 1-3
- 14 Proper Pushups
- Shuffle Footwork with strikes
- Side Control
- Americana from Side
- Single Leg
- Center Lock
- Placement Knife (2)
- Siniwali 1

TECHNIQUES:

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

FORMS:

- Basic H-Pattern
- Kempo Jutsu Kata One
- Kempo Jutsu Kata Two

SPARRING:

- Participates in medium speed free sparring (no head contact)
- Three beat sparring drills with lateral movement
- Introduce front leg sweeps