



Green Belt / Black stripe 2rd kyu Test form

Suwari gata – kneeling forms za no kamae counters (za is seiza but up on toes)

1. Omote and ura gyaku from a grab
2. Musha dori
3. Ganseki nage
4. Kick into body of attacker and demonstrate rolling backwards to safety
5. Do the same after being grabbed on collar
6. Defend against kicks
7. Defend against weapons

Waveforms

1. Demonstrate all waveform strikes
2. Demonstrate all strikes with BP's
3. Demonstrate waveform B.A.R. strike

B.A.R. – all must be done reactive at this level

1. BAR followed by kick to SP6
2. Multiple BAR strikes to attacker
3. BAR with vibration
4. BAR with all the above

Dakentaijutsu

1. Sokki ken – knee strike
2. Shuki ken – elbow strike
3. Happa ken – palm strike
4. Koppojutsu – bone breaking technique
5. Shishin ken – little finger needle strike
6. Taiken – use of entire body

Shime waza go gata – strangulation techniques

1. Hon jime – cross grab gi choke thumbs inside gi
2. Gyaku jime – same as above but right hand should have thumb pointing down, use forearm to choke
3. Sankaku jime – triangle choke, use forehead to create a base at the back of attackers head
4. Do jime – bear hug press knuckles up into solar plexus
5. Itami jime – throat crush or any part of the body

