



Red Belt / Black stripe 4th kyu Test form

Taihenjutsu – basic falling, leaping and evading skills

1. Hicho Kaiten – dive rolls
2. Shoten no jutsu – running up surfaces
3. Hicho Kaiten- now demonstrate for height as well as distance

Dakentaijutsu

1. Koppo ken – thumb knuckle fist
2. Tobi geri – jumping kicks
3. Te / ashi tsuki – hand and foot combos

Jutaijutsu – art of using the body

1. Keri kaeshi – kicking counters
2. Ashibarai – leg sweeps

Gyaku waza

1. Takeori – omote and ura
2. Takeori – against a punch then against a knife attack
3. Ogyaku – the great reversal

Waveforms – strikes

1. Must be able to perform each strike up to this level (training partner must feel penetration in each strike)
2. Now perform waveform strikes using Balance Points as well.

B.A.R. – body alarm reaction

1. Must be able to explain what B.A.R. is
2. Must be able to do reactive with light to medium strikes
3. Must be able to do pre=emptive with light to medium strikes

Player to the game

1. Feet
2. Opposites
3. Two way actions