



Blue Belt / Black stripe 6th kyu Test form

Taihenjutsu – basic falling, leaping and evading skills

1. Zempo Kaiten – forward roll with no hands
2. Rolling with weapons in hand
3. Koho Kaiten- backwards with no hands
4. Oten – one handed cartwheel from hira no kamae

Shiho tenchi tobi – leaping skills

1. Sokuho tobi – sideways leaping from hira no kamae
2. Fudoza tobi – leaping up from shizen no kamae
3. Hook tobi – backwards leaping from ichimonji no kamae

Dakentaijutsu

1. Shiho geri –four way kicking
2. Sokuyaku ken – heel / soul dance with partner

Sanshin no kata

- Ku no kata – void feeling form

Kihon hoshi sanpo

- Jumonji no kamae

Kihon happo torite gatas

- Musha dori (ude jime ashi ori gata) elbow lever then kick out the leg

Knowledge

- Meditation techniques for relaxation (up to the student, but must know at least one method)

Waveforms – practice striking

1. Straight punch
2. Hook punch
3. Elbow strike

Player to the game (technique enhancers)

1. Angles
2. Depth
3. Quadrants