



Blue Belt 7th kyu Test form

Taihenjutsu – basic falling, leaping and evading skills

1. Sokuho Kaiten – sideways roll from hira no kamae
2. Ushiro (koho) Ukemi – backwards breakfall from standing position
3. Ushiro (koho) against attacker
4. Yoko nagare – sideways rolling

Kamae

1. Kosei no kamae
2. Ihen no kamae
3. Hicho no kamae
4. Fudoza no kamae
5. Kamae flow drill - practice flowing from one kamae to the next with no wasted movement, use all kamae learned up to this point.

Dakentaijutsu – striking methods

1. Kiten ken – ura and omote shuto
2. Shito ken – thumb fist strike
3. Sokuho geri – side stomping kick
4. Koho geri – back stomping kick

Sanshin no kata

1. Ka no kata – fire feeling form
2. Fu no kata – wind feeling form

Kihon hoshi sanpo – fundamental ways of moving

- Omote oni kudaki

Gyaku waza

1. Omote gyaku ken sabaki – done against a collar grab and punch
2. Hon gyaku – ura henka done from collar grab and punch

Waveforms- at this level it's important to get the motions down.

1. Side to side
2. Up and down
3. 45 degrees
4. spiral