

## **Blue Belt 2<sup>nd</sup> Kyu**

*Note: Students will be tested on previous material in addition to the following:*

### **Stretching**

1. 4-in-1 exercise
2. Splits left and right

### **Stances**

1. Moro-Ashi-Dachi

### **Punches and Strikes**

1. Uraken-Ganmen-Uchi
2. Uraken-Sayu-Ganmen-Uchi
3. Uraken-Hizo-Uchi
4. Uraken-Ganmen-Oroshi-Uchi
5. Uraken-Mawashi-Uchi
6. Nihon-Nukite (me-Tsuki)
7. Yonhon-Nukite (Jodan, Chudan)
8. Hapkido throw punch (Mae, Yoko)

### **Blocks**

1. Seiken-Juji-Uke (Jodan, Gedan)

### **Kicks**

1. Gedan-Mawashi-Geri (Haisoku, Chusoku)
2. Kensetsu-Geri (Sokuto)
3. Chudan-Yoko-Geri (Sokuto)

### **Sweep Technique**

1. Ashi-Barai

### **Kata**

1. Pinan-Sono-Ni
2. Pinan-Sono-Go

### **Renraku**

1. Half step Seiken Oi Tsuki, spinning Uraken, Seiken-Chudan-Gyaku-Tsuki
2. Half step Seiken Oi Tsuki, half step Seiken-Oi-Tsuki, Seiken-Ago-Tsuki

3. Half step Seiken Oi Tsuki, spinning Uraken, Seiken-Chudan-Gyaku-Tsuki
4. Jodan-Ushiro-Mawashi-Geri-Kakato
5. Leg block, Jodan-Ushiro-Mawashi-Geri
6. Chudan-Gyaku-Mawashi-Geri-Teisoku
7. Mae-Kakato-Ke-Age
8. Front foot Chudan-Yoko-Geri, Chudan-Ushiro-Geri
9. One step Chudan-Gyaku-Tsuki, Chudan-Mawashi-Geri
10. One step hook kick
11. One step Mae-Kakato-Keage

## **Conditioning**

1. 20 push ups on fingers
2. 40 push ups on knuckles
3. 70 stomach crunches with legs in the air
4. 80 squats

*Note: Children under 16 years are not expected to perform push ups on knuckles or fingers.*

## **Self Defence**

Self defence to be arranged by the instructor, including knife defences and throws.

## **Fighting**

*7 x two-minute fights*

1. 2 x hands and feet
2. 3 x hands only (no gloves, attacks only to body)
3. 1 x feet only
4. 1 x handicap