

# **Blue Belt Testing For Low Purple Belt**

## **Red Stripe: Kata (Forms)**

Heian Yondan, Heian Godan

## **Yellow Stripe: Kihon (Basics)**

Knee strike (Stationary in Ready Stance)  
Back kick (Stationary in Ready stance)  
Elbow strike (Stationary in Front stance)  
Knife Hand Block in Cat Stance (Ready Stance to Cat Stance)  
Knife Hand Block in Cat Stance (Forward & Backwards)  
Sanbon Kumite (Three step sparring -- 3 head /3 stomach)  
Ippon Kumite (One step sparring -- 2 head /2 stomach)

## **Blue Stripe: Kumite (Sparring)**

Hook Kick (Front and Back Leg)  
Free Sparring (Jiyu Kumite)  
Attendance at a Dojo Tournament or Seminar Required

## **Black Stripe: Personal Goals (Kids/Youth)**

Nutrition - Hand in Journal of “One week without junk food”

## **Black Stripe: Self Defense (Adults)**

Defense against Front Tackle or Bear Hug

\*Time Requirement: Minimum of 12 Weeks of Training (or 24 Classes) from Last Exam