

Blue Belt

Blocks

Uke

Eight direct blocks

Koshi kion sampo

Kicks

Geri

Knee

Hiza

Shin

Kowa

Snapping & Power

Ke-age & kekomi

Combinations

Waza

Hand Techniques

Te Waza

Hammerfist

Kentsuki

Elbow

Empi

One Knuckle

Ippon Ken

Inverted Punch

Ura Tsuki

Forearm Strike

Ude Uchi

Free style sparring.....Juyu Kumite

Pressure point attacks.....Atemi Jutsu

Half step.....Surikomi

Breaking

Tamashiwara

Board break using any open hand technique and roundhouse or hook kick

Self Defence

Show various defences from kicks and basic holds

Kata