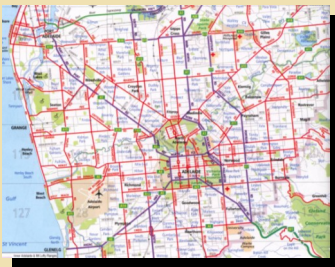




Locations



Text that explains a little bit about what might be found by clicking here



About



Text that explains a little bit about what might be found by clicking here



Contact

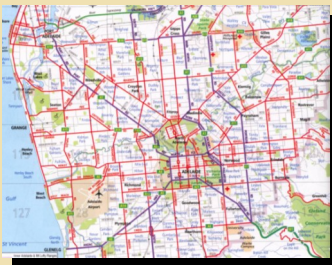


Text that explains a little bit about what might be found by clicking here





Locations



Text that explains a little bit about what might be found by clicking here



About



Text that explains a little bit about what might be found by clicking here



Contact



Text that explains a little bit about what might be found by clicking here





Members

[My Dojo](#)

[Grading Requirements](#)

[Blue Belt](#)

[Green Belt](#)

[Brown Belt](#)

[Shodan Pt 1](#)

[Shodan Pt 2](#)

[Nidan](#)

[Gallery](#)

[Calendar](#)

[Articles](#)

[Forum](#)

[Links](#)

Grading Requirements

Blue Belt

WARM UP

- Callisthenics 3 minutes
- Push Ups 15 repetitions.
- Sit-Ups 15 repetitions.
- Leg Stretching 2 minutes.

STANCES

- Ready
- Attention
- Prepare
- Fighting

FOOTWORK

- Lunge
- Skip Up
- Changeover

DEFENCE

- Upper Block
- Lower Block
- Inner Cross Block
- Outer Cross Block

PUNCHING

- Jab/Front Punch
- Cross/Reverse Punch

KICKING

- Front Kick
- Round Kick

KATA/ROUTINES

- [Punch Routine](#)
- [Kick Routine](#)

SELF DEFENCE Against:

- A Reverse Punch
- A Front Kick
- A Double Lapel Grab

NOTE: *Throws/Takedowns are not permitted at this level.*

FREEFIGHTING/SPARRING

A minimum of three by one-minute rounds is required.

NOTE: *The sparring is strictly non-contact and breakers of this ruling will be asked to repeat at the next grading.*

[My Dojo](#)

[Grading Requirements](#)

[Gallery](#)

[Calendar](#)

[Articles/Blog](#)

[Forum](#)

[Links](#)