

## Go kyu Requirements- Blue Belt

### *Physical Fitness*

15-20 push-ups

20 leg raises

30 sit-ups

10 squatting ukemi

50 jumping jacks

### *Kihon*

#### Walking Drill #3

Student must show: power, focus, and good timing (feet, body, and strike must work together).  
Student must also demonstrate proper breathing techniques.

### *Kata*

#### Heian Yondan

Student must show: power, focus, and good timing (feet, body, and strike must work together).  
Student must also demonstrate proper breathing techniques.

### *Kumite Sanbon & Ippon*

Sanbon Kumite #1, 2 & 3

Ippon Kumite (2 jodan, 2 chudan, 2 mae geri)

Student must perform techniques while another student is attacking.

*Questions-* Instructor's choice of 5 to 10 questions covered regularly in class.

**Student must be able to perform these techniques with NO assistance.**