

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.