



Blue Belt

No.	Attack 1	Attack 2	Escape Routes	Throws
	From the front			
1	Round house kick	Front hand slash	SB + T2 + 180 + T1	Kokyu-nage
2	Round house punch (ribs)	Round house punch (chin)	SB + SB + 180 + I2	Ikkyo
3	Front kick	Mune-tsuki	CS + SB + 180 + I2	Tenchi-nage
4	Front hand slash	Mune-tsuki	T2 + SB + 180 + 180 + I2	Zempo-undo
5	Front kick (knee)	Round house kick	SB + T2 + T1	Kaiten-nage
	From behind			
6	Pull head down (chancery)	Punch (face)	I2 + T2 + SB	Sayu-undo
7	Two handed shove	Mune-tsuki	T2 + CS + 180 + T1	Kote-gaeshi
8	Kata-tori (kata te kosa tori style)	Mune-tsuki	CS + 180 + T1 + 180 + I2	Toyoda kokyu-nage
	From the side			
9	Kata-tori (pull strongly)	Mune-tsuki	SS + SB + SB	Nikyo
10	Front kick	Mune-tsuki	SS + SB + 180 + I2	Shiho-nage

Note 1:- Left attacks are in blue. We are also starting the defence with the left foot forward.

Knife

No.	Attack	Escape	Technique
11	Yokomen-uchi #3	Tenkan 2	Nikyo
12	Mune-tsuki	Tenkan 1	Sankyo
13	Shomen-uchi #3	Irimi 1	Yonkyo

Bokken

No.	Attack	Escape	Technique
14	Yokomen-uchi	Tenkan 2	Shiho-nage
15	Mune-tsuki	Tenkan 1	Kote-gaeshi
16	Shomen-uchi	Irimi 1	Kokyu-nage

Kata

Unarmed: Tai gei No. 4
 Weapons: 2nd Jo kata – to be performed twice in 42 seconds
 Jo against Bokken Number 1 - 6