

CLASS PLAN FOR 8TH & 7TH KYU - BLUE BELT

<u>Minimum Class Time - 16weeks (32 classes) - 8th Kyu</u> Minimum Class Time - 16 weeks (32 classes) - 7th Kyu

1. DEMONSTRATE KIHON

A. DEMONSTRATE STANCES Tachi-kata

Heisoku-dachi informal attention stance (heels and toes together)

Musubi-dachi informal attention stance (toes turned out)

Hachiji-dachi open-leg stance Zenkutsu-dachi front stance
Kokutsu-dachi back stance Kiba-dachi straddle stance
Shiko-dachi sumo stance• Neko-ashi-dachi cat stance•

Fudo-dachi immovable stance•

B. DEMONSTRATE KICKS (Keri)

Types Exercizes Application

Kekomi - *Thrust* Front Leg Lift Mae-geri - *Front Kick* Keage - *Snap* Side Leg Lift Yoko-geri - *Side Kick*

Mawashi-geri - Round House Kick

Ushiro-geri- Back Kick

C. DEMONSTRATE HAND TECHNIQUES Te-waza

Uke-te -- hand blocks

Age-uke high defend Soto-uke outside-inside defend Chudan-uke middle defend Shuto-uke knifehand defend Gedan Barai low defend Juji-uke X-block

Tsuki-te-- hand attacks

Tzuki (Thrusts) Uchi (Strikes)

Sonoba-tsuki basic punch Uraken **Backfist** Sonoba-shuto uchi Oi-tsuki lunge punch knifehand strike Seiken regular fist Shuto sword hand Gyaku-tsuki reverse punch Heito ridge hand Nukite spear hand Kentsui hammer fist

Ate (Smash)

Empi elbow

2. DEMONSTRATE KUMITE

A. TEN IPPON KUMITE (One-Step Sparring)

Formal and Semi-Free * (The following are recommended)

- 1. Two Front kick-right and left
- 2. Two Side kick-right and left
- 3. Two Roundhouse-right and left
- 4. Two Punching-right, lunge and reverse on a radius to target
- 5. Two Punching-left, lunge and reverse on a radius to target

B. DEMONSTRATE 4 SANBON KUMITE (Three-Step Sparring)•

- 1. High Section Attack Rising block, reverse punch
- 2. High Section Attack Outside forearm block, backfist to mid-section
- 3. High Section Attack Outside forearm block, reverse punch
- 4. Mid Section Attach Low section knife hand block, front kick
- C. DEMONSTRATE JIJU-KUMITE (Free Fighting)

3. DEMONSTRATE GOSHEN JITSU (SELF DEFENSE)

A. EXECUTE 4 RELEASES

- 1. Hold lapel by two hands
- 3. Hold shoulder by one hand from rear
- 2. Hold arm by wrist
- 4. Hold neck from side or headlock

B. EXECUTE 4 SELF DEFENSE TECHNIQUES

C. DEMONSTRATE BASICS OF UKEMI-WAZA

- 1. Backward Fall 4. Forward shoulder roll
- 2. Forward Fall 5. Forward roll out
- 3. Left and Right Side Falls 6. Backward Shoulder Roll

- 7. European Breakfall
- 8. Cartwheel
- 9. Pratical Work as Tori

4. BODY CONDITIONING & DRILLS

A. Star Exercizes

- 1. Three Star Exercize
- 3. Five Star Exercize
- 2. Two Star Exercize
- **B.** Demonstrate Wrist Press
- C. Kicking Mat Drills

4. KATA REQUIREMENT

- 1. Taikyoku Shodan, Nidan, Sandan

- 2. Heian Shodan
- 3. Heian Nidan

4. Heian Sandan

- 5. Kwan Mu Shodan
- 6. Kwan Bu Level Three -Push Outs

7. Kwan Bu appropriate for rank.

5. LANGUAGE REOUIREMENTS

- 1. Sensei pointer of the way
- 3. Karate empty hand
- 5. Budo way of the martial arts
- 7. Waza technique
- 9. Yame stop
- 11. Dan black belt grade
- 13. Hai yes, OK, let's go
- 15. Rei bow
- 17. Gi uniform
- 19. Hidari left
- 21. Hombu home dojo

- 2. Sempai senior student
- 4. Kwan Mu realization of the essential
- 6. Dojo training hall
- 8. Hajime begin
- 10. Mokuso quiet-contemplative meditation
- 12. Kyu under black belt grade
- 14. Narande Line up!
- 16. Seiza Rei seated bow
- 18. Obi belt
- 20. Migi right

Ten No Kata Omote of the Kwanmukan

Required for 7th Blue Belt

In formal Ippon Kumite, the uke attacks from a front stance and the tori defends from a standing posture signaling the attack with a kiai. In semi-free ippon kumite, the uke attacks from a front stance to a front stance and the tori starts in a fighting stance. In a second method of semi-free ippon kumite, the uke attacks from a fighting stance and the tori defends from a fighting stance. The uke does not step forward but drives from the rear leg into the attack. In random kumite is the concept of free-fighting. No designated attack or defend.

Required for 7th Kyu Blue Belt

[·] Adult requirement only