



BLUE BELT w/Green Stripe - 1st. Rokkyu

Objective:	Balance with flow and increased control, Proper attitude
Hand Strikes:	Dropping palm, inverted ridge
Leg Strikes:	Spinning hook, dropping axe
Blocks:	Downward double block, kick blocks, rolling elbow
Combinations:	#12
Animals:	Raking tiger, Dragon drops the ball
Forms:	2 kata
Drills:	Kata combinations and applications, 10 kicks
Falls:	Combinations
Jujitsu:	Double collar, hair grab front and back, rear strangle
Knife:	At the neck from behind
Club:	Slashing (Rolling elbow)
Takedown:	Combinations and controls
Knowledge:	Three other martial art styles and their differences from each other and kempo.