



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

Minimum Class Time - 16weeks (32 classes) - 8th Kyu

Minimum Class Time - 16 weeks (32 classes) - 7th Kyu

### 1. DEMONSTRATE KIHON

#### A. DEMONSTRATE STANCES *Tachi-kata*

Heisoku-dachi	<i>informal attention stance (heels and toes together)</i>		
Musubi-dachi	<i>informal attention stance (toes turned out)</i>		
Hachiji-dachi	<i>open-leg stance</i>	Zenkutsu-dachi	<i>front stance</i>
Kokutsu-dachi	<i>back stance</i>	Kiba-dachi	<i>straddle stance</i>
Shiko-dachi	<i>sumo stance</i> •	Neko-ashi-dachi	<i>cat stance</i> •
Fudo-dachi	<i>immovable stance</i> •		

#### B. DEMONSTRATE KICKS (*Keri*)

<i>Types</i>	<i>Exercizes</i>	<i>Application</i>
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*

<i>Uke-te -- hand blocks</i>			
Age-uke	<i>high defend</i>	Soto-uke	<i>outside-inside defend</i>
Chudan-uke	<i>middle defend</i>	Shuto-uke	<i>knifehand defend</i>
Gedan Barai	<i>low defend</i>	Juji-uke	<i>X-block</i>
<i>Tsuki-te-- hand attacks</i>			
<i>Tzuki (Thrusts)</i>			
Sonoba-tsuki	<i>basic punch</i>	Uchi (Strikes)	
Oi-tsuki	<i>lunge punch</i>	Uraken	<i>Backfist</i>
Seiken	<i>regular fist</i>	Sonoba-shuto uchi	<i>knifehand strike</i>
Gyaku-tsuki	<i>reverse punch</i>	Shuto	<i>sword hand</i>
Nukite	<i>spear hand</i>	Heito	<i>ridge hand</i>
		Kentsui	<i>hammer fist</i>
<i>Ate (Smash)</i>			
Empi	<i>elbow</i>		

### 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
2. Hold arm by wrist
3. Hold shoulder by one hand from rear
4. Hold neck from side or headlock

#### B. EXECUTE 4 SELF DEFENSE TECHNIQUES

#### C. DEMONSTRATE BASICS OF UKEMI-WAZA

1. Backward Fall
2. Forward Fall
3. Left and Right Side Falls
4. Forward shoulder roll
5. Forward roll out
6. Backward Shoulder Roll
7. European Breakfall
8. Cartwheel
9. Practical Work as Tori

### 4. BODY CONDITIONING & DRILLS

#### A. Star Exercises

1. Three Star Exercise
2. Two Star Exercise
3. Five Star Exercise

#### 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 REQUIREMENTS

1. Sensei - pointer of the way
2. Sempai - senior student
3. Karate - empty hand
4. Kwan Mu - realization of the essential
5. Budo - way of the martial arts
6. Dojo - training hall
7. Waza - technique
8. Hajime - begin
9. Yame - stop
10. Mokuso - quiet-contemplative meditation
11. Dan - black belt grade
12. Kyu - under black belt grade
13. Hai - yes, OK, let's go
14. Narande - Line up!
15. Rei - bow
16. Seiza Rei - seated bow
17. Gi - uniform
18. Obi - belt
19. Hidari - left
20. Migi - right
21. Hombu - home dojo

---

\* 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