

Shichikyu | Blue Belt + Stripe

General Requirements

Minimum training time since 8th kyu grading: **40 hours**

Objectives:

Student fitness and stamina should be increasing.

Exercises | Undou

- 35 Push-ups**
- 35 Sit-ups**
- 35 Squats**

Stances | Dachi

- Cat stance | Neko Ashi Dachi

Punches and Strikes | Tsuki, Uchi

- Hammer fist strike to side of head | Tetsui Komi Kami
- Hammer fist strike downward to head | Tetsui Oroshi Ganmen Uchi
- Hammer fist strike to spleen | Tetsui Hiza Uchi
- Hammer fist strike to side | Tetsui Yoko Uchi | Jodan, Chudan, Gedan
- Inside knife hand strike | Shuto Uchi Uke
- Knife hand strike to sternum | Shuto Sakotsu Uchi Komi
- Knife hand strike to spleen | Shuto Hiza Uchi

Blocks | Uke

- Round block with knife hand | Shuto Mawashi Uke

Kicks | Keri

- Middle round kick | Chudan Mawashi Geri
- Low front heel kick | Gedan Mae Kakato Geri

Breathing Technique

- Restricted deep breathing | Ibuki

Combinations | Ido Geiko

- Instructor choice, both stances and techniques

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Pre-Arranged Sparring | Yakusoku Juppon Kumite

- Instructor choice, both stances and techniques, offense and defense

Forms | Kata

- Kicking Grand Ultimate 1-4 | Circular, Straight | Sokugi Taikyoku Ichi-Yon | Ura, Tate

Weapons | Kobudo

- Joined Sticks 4 | Nunchaku Yon
- Escrima Basic Techniques

Self Defense | Goshin Jutsu

- Front Hair Grab
- Headlock
- Front Under-Arm Bear Hug
- Rear Under-Arm Bear Hug
- Attempted Side Bear Hug

Throws | Nage

- Side sacrifice throw | Uki Waza
- Shoulder throw | Ippon Seoi Nage

Fighting | Kumite

- 7 Bare Fist Fights

Terminology

- Ball of foot | Chu soku
- Instep of foot | Hai soku
- Outside edge of foot | Soku tou
- Heel | Kakato
- Shin | Sune
- Arch of foot | Tei soku
- Knee | Hiza

Other Requirements

- Kiai:** Must show correct Kiai in all techniques AND kumite.

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Code of Conduct

5 Principles of Good Health

- ❑ **Rational Nutrition** | Choose food consistent with long-term health and vitality. Try to consume a diet with plenty of fresh fruits and vegetables of every color, lean protein, complex carbohydrates, and whole grains.
- ❑ **Sensible Exercise** | Everything, including exercise, has a time and place. Train hard but allow yourself time to heal. Good, balanced nutrition is key to recovery from hard training.
- ❑ **Efficient Rest** | Restful sleep is one of the most important things you can do to maintain good health. Your body knows what it is doing; be sure to give it the time to do it well.
- ❑ **Proper Hygiene** | Maintaining proper hygiene shows respect for self and for others. Improper hygiene leads to illness and disease over time.
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Journal

At a minimum, reflect on:

1. What has gone well
2. What has not gone well
3. What you need to do to improve