



# Blue Belt

## Intermediate belt

Complete all previous belt requirements

**Basic knowledge oral test after being tested and a pass grade you will be awarded red degree on your belt**

What is Diminishment

To take away energy for attacker one strike at a time.

What is Shock

A sudden or violent disturbance of the mind, emotions, or sensibilities.

**Demonstrate the following KaeshiWaza(self defence techniques)All hard techniques must be done with diminishment**

Aggressive handshake	4.
Inside wrist grip	4.
Outside wrist grip	4.
Both hands holding wrist	4.
Both wrists held	4.
Strangles front:	4.
Strangles side:	4.
Strangles rear:	4.
Headlock side:	4.
Bear hugs behind (over arms):	4.
Headlock front:	3
Bear hugs behind (under arms)	4.
Bear hugs front (over arms):	4.
Bear hugs front (under arms):	4.
Straight punch:	2.
Hook punch:	2.
Grip to clothing: Front lapel	2.
Rear naked choke	3
Front kick:	1.
Overhead strike:	1.
Punching left right combination:	1
Push from behind	1
Arm around shoulder	1.
Circle drill x 1 min	