

Blue Belt

Attack(s)	Escape(s)	Throw
Shape 4 Yokomen-uchi 3 Shomen-uchi 3 Kata-tori Mune-tsuki	Corner step Irimi 1 Tenkan 1 Irimi 2	Shiho-nage Kote-gaeshi Tenchi-nage Kokyu-nage
Double-attack - shape 3 Round house kick/Front hand slash Pull head down (chancery)/Punch (face)	Step back/Tenkan 2 Irimi 2/Tenkan 2	Kokyu-nage Sayu-undo
Close attacks Round house punch Rear choke	Irimi 1 Corner step	Ikkyo Kokyu-nage
Knife Katate-kosatori/Mune-tsuki Shomen-uchi 3 Yokomen-uchi	Tenkan 1 Step back Tenkan 2	Zempo-undo Sankyo Yonkyo
Bokken Yokomen-uchi Shomen-uchi Katate-kosatori (nage holds bokken)	Tenkan 2 Irimi 1 Corner step	Shiho-nage Kokyu-nage Nikyo

Weapons

Bokken kata 1 (twice in 15 seconds)
Jo kata 2 (twice in 42 seconds)
Jo vs bokken (Nos 1-3)

Tai Gei

Two against one Tai Geis 2 or 4 (both sides)

Previous syllabus

Four techniques to be selected at random by the examiners from the orange, yellow and green belt syllabus - two with Ki tests at any point

Randori

Three attackers, medium paced, for 20 seconds - nage counts the seconds out loud.

Note: all except the first section are to be performed shape 3

Grading should demonstrate very good quality:

Shapes 3 and 4, anchors, alignment
Feel, flow and speed
Composure under pressure
Positive focus