

Blue Belt

Attack(s)	Escape(s)	Throw
Shape 4		
Mune-tsuki (to face)	Corner step	Shiho-nage
Round house punch	Irimi 1	Kote-gaeshi
Kata-tori	Tenkan 1	Tenchi-nage
Round house kick/Front hand slash	Step back/Tenkan 2	Kokyu-nage
Katate-kosatori	Tenkan 2	Nikyo
Knife		
Katate-kosatori/Mune-tsuki	Tenkan 1	Kaiten-nage
Yokomen-uchi	Tenkan 2	Yonkyo
Bokken		
Yokomen-uchi	Tenkan 2	Shiho-nage
Shomen-uchi	Irimi 1	Kokyu-nage

Katas

Jo kata No. 1 (twice in 42 seconds)

Two against one Tai Gei, to be set by examiners in advance (both sides)

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