

Blue Belt Promotion Requirements

Knowledge

1. What is our style of karate? **Isshinryu**
2. Where does Isshinryu come from.? **Okinawa**
3. What does Isshinryu mean? **One Heart Way**
4. What does Karate mean? **Open or empty hand**
5. What is our work out area called? **Dojo**
6. What do we call our black belt instructors? **Sensei (which means teacher)**
7. Know 5 Directions: **Left = Hidari, Right = Migi, Forward = Mae, Backwards = ushiro, Side = yoko**
8. Who is the founder of Isshinryu Karate? **Master Tatsuo Shimabuku, 10 Dan (10th degree black belt)**
9. Who is the current master of Isshinryu Karate? **Master Kichiro Shimabuku, Tatsuo's eldest son.**
10. Count to 20 in Japanese.
11. What are the commands for coming to attention and bowing? **ki ot skay and rei.**
12. What are the 3 main areas of the body? **jodan (upper), chudan (middle section), gedan (lower section)**
13. What are 3 kicking parts of the foot? **koshi (ball), sokuto (blade edge), kakato (heel)**
14. What are the parts of the karate gi? **uwagi = jacket, obi = belt, shitogi = pants**
15. Name the techniques that you do in Taikyoku.
16. Name and demonstrate the 3 basic stances (dachi): **seisan-dachi, seiuchin-dachi, and nahanchie-dachi**
17. Name 3 basic techniques (wazas): **geri waza (kicking), uke waza (blocking), te waza (hand)**
18. Name and demonstrate at least 3 hand techniques: Examples - **shuto (knife hand or chop), uraken (back fist), nukite (spear thrust), tetsui (hammer fist), seiken (straight punch), shotei (palm heel)**
19. Explain - What are Geri Waza's = **Kicking Techniques**
20. Explain - What are Uke Waza's = **Blocking Techniques**
21. Explain - What are Te Waza's = **Hand Techniques**

Explanation of the Isshinryu patch.

22. Founder of Isshinryu: Tatsuo Shimabuku. He studied Shorin-ryu and Goju-ryu and based Isshinryu on these two styles.

Skills:

Demonstrate **Mae Keage Geri , Ushiro Geri, Yoko Kekomi Geri, Mae Mawashi Geri**

Self Defense:

Break away from a wrist grab

Demonstrate Bear Hug Break

Break away from a choke.

Break away from headlock

1. Kata: **Taikyoku I, II, III, Seisan, Seiuchin** Improved form & power in all kata's.

