

Blue Belt

Katas	<ul style="list-style-type: none"> •Miazowa Bo •One breakdown per kata up to Anyo Isa •Anyo Isa - Empty Hand: trapping hands to armbar 	Throws & Ground Grappling	<ul style="list-style-type: none"> •Mobility Throw from Punch •Squat to Armbar •Hook Foot Sweep
Self Defense	<ul style="list-style-type: none"> •Knife Defense: overhand & floating 	Transitional Flow	<ul style="list-style-type: none"> •Reverse Armbar (armpit) •Bent Elbow Wrist Lock (center lock) •Finger Lock •Hammer Lock •Armbar •Wrist Lock
Kicks & Strikes	<ul style="list-style-type: none"> •Finger Thrust •Tiger Mouth 	Cane Techniques, Strikes & Blocks	<ul style="list-style-type: none"> •Basic Disarms Angles 1-6 (cane vs cane)
Arm & Shoulder Locks	<ul style="list-style-type: none"> •Cross Reverse Armbar: upward & downward •Reverse Hammer Lock •Reverse Striking (to TW12 to TW11) 	Drills	<ul style="list-style-type: none"> •Single Sinawali High Grab: Standing Center lock (from whole finger, one finger & thumb)
Finger & Wrist Locks	<ul style="list-style-type: none"> •Ringer Finger •All Finger Compression •Underhand Wrist Lock (elbow body lock) 		
Questions	<ul style="list-style-type: none"> •Name the element associated with each meridian •Who was Prof Henry Seishiro Okazaki and what were his accomplishments? •Explain the symbolism of the Four Corner Posts of the Dojo 		