

## Blue Belt w/Stripe

<b>Katas</b>	<ul style="list-style-type: none"> <li>•Anyo Dalawa Cane Form (2)</li> <li>•Shuri</li> <li>•One breakdown per kata up to Anyo Dalawa</li> </ul>	<b>Throws &amp; Ground Grappling</b>	<ul style="list-style-type: none"> <li>•Step to Backward Turn</li> <li>•Step to Deltoid Tendon</li> <li>•Major Inner Reap (Ouchi Gari)</li> </ul>
<b>Self Defense</b>	<ul style="list-style-type: none"> <li>•Rear Knife Attack: back of neck, around neck &amp; to back</li> </ul>	<b>Transitional Flow</b>	<ul style="list-style-type: none"> <li>•Using new and previous locks, armbars &amp; takedowns</li> </ul>
<b>Kicks &amp; Strikes</b>	<ul style="list-style-type: none"> <li>•Spinning Hook Kick</li> </ul>	<b>Cane Techniques, Strikes &amp; Blocks</b>	<ul style="list-style-type: none"> <li>•Basic Disarms Angles 7-12</li> </ul>
<b>Arm &amp; Shoulder Locks</b>	<ul style="list-style-type: none"> <li>•Tricep Tendon Rub with Knuckles: Pin Variations - knuckles, knee &amp; foot</li> <li>•Tricep Tendon Rub with Ulna</li> <li>•Winding Armlock</li> </ul>	<b>Drills</b>	<ul style="list-style-type: none"> <li>•Single Sinawali Low Grab: Thumb to standing center lock, compress elbow &amp; center lock</li> </ul>
<b>Finger &amp; Wrist Locks</b>	<ul style="list-style-type: none"> <li>•6 Directional control of Opponent through finger-locking</li> <li>•Handshake Variations (3)</li> </ul>		
<b>Questions</b>	<ul style="list-style-type: none"> <li>•Trace the meridians on the body</li> <li>•Define the Kodenkan Jujitsu concept of: Kokua and Ohana</li> <li>•Explain kuzushi 8 directional theory</li> </ul>		