

Blue Warrior = 60 classes



Stances:

Forward stance moving
Saddleleg stance moving
Ready
back stance moving
fighting stance

Kata:

Kata Iche part A
Tague I

Terms:

Sensei
Dojo
Hajime
Yame
Yoight
Kia
Counting to 10 in Japanese
karate
Ghi

Mat Work:

Falling ability
Forward roll
shoulder roll
Bear Hug Escape
Front Sweep

Blocks 1-4, Hand Techniques 1-5, Foot Techniques 1-3

Identify the 8 basics

5 Front, Side, and Back Attacks

****Must have earned exercise, listening, respect, stretching, falling, attention, cooperation
blocks, discipline, balance, strikes, stances patches**