



## Blue Belt Requirements

The rank of Blue Belt is considered the true transition belt in Kyu Shin Ryu. This is the stage where the concept of Mushin becomes more tangible to you as a practitioner. Your ability to flow should become more obvious to you as well as the examiner.

Balance and technique should display a higher degree of proficiency in the execution of techniques. Emphasis will be placed on Ki flow during execution or reception (Tori and Uke) of techniques whether in Kata, Waza, Randori, Newaza or Kumite.

The paradox of relaxation and technique vs. power and strength, has been studied much more in depth. Focus during testing will be on student's ability to flow between these two concepts but to rely more on relaxation and technique in order to get the job done.

During your training at this level you were expected to study more in depth the concepts of KyuSho Jitsu (pressure point fighting). Students will be expected to display anatomical meridians and activation and striking points on the body. We find that as we develop this knowledge it does away with excess in our striking techniques and creates a high level of efficiency. You must demonstrate focused disorientation strikes as well as knock out point sequences for self-protection and defense. Students must display the strike, push and rub points on the arms and hands at this level.

Your Judo training continues with the addition of more throws from the Kodokan Go Kyo (syllabus). Students should have developed more pinning and strangulation techniques during Newaza practice. You have also studied the application of strangulation techniques incorporated into throws and sacrifice techniques (Tachi waza and Sutemi waza). Students must demonstrate transition from the Sutemi Waza (sacrifice throws) category into Katame Waza (Ne- Waza) techniques. You should be able to flow from a sacrifice throw into ground play strategies.

Jujitsu training revolved around the requirements for Purple belt in the Budoshin System. All students have been expected to learn applicable Kata and Waza techniques stated in the Budoshin student handbook. These requirements are mandatory for your promotion to the rank of Blue belt in Kyu Shin Ryu. You may also test for your Purple Belt rank in the Budoshin system at this level (strongly encouraged but not required).

Aikido training will revolve around learning the Ikkajo (1'st control and variations) and Nikajo (2'nd control and variations). Much emphasis is placed on Ki flow, relaxation and execution of these techniques in proper manner. Understanding the relationship of Tori and Uke, with regard to giving and receiving the techniques will be critical during testing.

## **Blue Belt Required Techniques**

### **Wave Attacks and Strikes**

At this level, the large arsenal of strikes at your disposal should be delivered with a higher degree of accuracy and control. The emphasis at this level remains in combining these strike into "Wave Attacks". A wave attack is defined as a series of no less than six strikes in sequence that involve the fist, open hand, elbows, fingers, etc., targeted at varied points on the body. This may be classified also as Te- Waza techniques if you or the attackers hands are involved. Wave attacks (as stated previously) are used for a variety of purposes such as hitting vital points (kyusho points), disrupting kuzushi points, distraction as preparation for a follow up technique such as a throw, joint lock/manipulation, or as a means to disable the attacker with crushing blows (power strikes).

You must be able to demonstrate wave attacks with no less than EIGHT strikes in sequence at this level.

You will continue in the application of the following strikes:

- one-inch power punch
- one-inch palm heel strike
- three -inch power punch
- three -inch palm heel strike

The above will be learned while utilizing one hand independently or in unison with the other hand simultaneously for double power strikes.

You will now Add:

- Gingitzu pressure point (tsubo) rub and strikes (KyuSho Jitsu).

KyuSho Jitsu strikes to the arms and hands will be our primary focus at this level. Students must be able to identify a total of at least eight points on the arms and hands, and the effects of singular or combined Kyusho strikes on the body.

Blocks:

Students at this level should have proficiency with all the previous blocks in the White through Orange belt requirements. Students must demonstrate defensive proficiency in blocking skills by being able to defend against a sequence of six strikes (punches, kicks or both combined). These defenses must be spontaneous and not pre-arranged (YOUR ATTACKER WILL NEVER TELL YOU HIS OR HER STRIKING SEQUENCE). Demonstrate the concept of how a block is a strike when applied in conjunction with Kyusho Jitsu principles.

## **Newaza**

Demonstrate transition and pinning strategies with emphasis on strangulation techniques for submission also combining arm bars, and leg lock submissions. This must be done for a period of 4 minutes

## **AIKIDO TECHNIQUES**

This level of training will focus more on Suwari Waza (sitting techniques). All techniques should be performed with proficiency both to right and left side of the body.

- Sankajo Osae - "3rd. Control" and variations
- Shomen-uchi Sankajo Osae- Straight blow; 3rd. control (standing)
- Shomen-uchi Sankajo Osae- Straight blow; 3rd. Control (sitting)
- Mune-Mochi Sankajo Osae- Chest grasp; 3rd. Control
- Yonkajo Osae "4th. Control" and variations
- Shomen-uchi Yonkajo Osae- Straight blow; 4th. Control (standing)
- Shomen-uchi Yonkajo Osae- Straight blow; 4th. Control (sitting)

## Ju-Jitsu Techniques:

The following Kata (pre-arranged form) and waza (self-defense applications) will be required for both your Aikijujitsu requirements as well as your Budoshin requirements.

All Kata and Waza should include 2-4 submissions or come-alongs.

KATA	WAZA
Hane Goshi	Double Hit
Tomoe Nage	Lapel grab and hit
Uki Otoshi	Handshake
Ude Guruma	Rear Forearm Choke
Ude Guruma Makikomi	Kick (2 defenses)
Shioku Waza	Knife Attack (2 defenses)
Te kubi Shime Waza	Rear Neck Grab/Choke
Te Nage	Club Attack
Hiki Yoko Nage	Double Wrist Grab
Eri Nage	Hit to Stomach
Ushiro Nage	2 Freestyle Attacks

### **Shime-Waza** (Strangulation Techniques)

- Katate-Jime - One Hand Choke
- Ryote-Jime - Two Hand Choke
- Sode-Guruma-Jime - Sleeve Wheel Choke

Yoko Otoshi- Side Drop



Tani Otoshi



Yoko Garuma- Side Wheel



Sumi Gaeshi- Corner Throw



Uke Waza



Yoko Wakare

