

4th Kyu (Blue Belt)

Demonstrate breakfalls and rolls

Locks, Chokes and Throws

Demonstrate 10 arm locks

Demonstrate 10 chokes

Demonstrate 10 throws with names

Demonstrate 6 leg locks

Demonstrate 6 immobilisation holds

Demonstrate 2 holding down techniques

Demonstrate 5 wrist locks

Demonstrate 1 shoulder lock

Demonstrate 1 spine lock

Defences

Demonstrate 10 defences against punches

Demonstrate 4 knife defences

Demonstrate 6 defences against arm locks

Demonstrate 5 defences against grabs

Demonstrate 5 defences against chokes

Demonstrate 1 defence against kicks

Demonstrate 1 defence against leg locks

Demonstrate 1 throw from chokes

Demonstrate 1 throw from punches

Demonstrate 1 bo defence

Demonstrate 1 sword defence

Demonstrate 1 gun defence

Atemi Waza

Demonstrate 6 kyusho attacks

***Hand & Arm Strikes* - Oizuki, Gyakuzuki, Tobikomizuki, Uraken, Haito, Tetsui, Teisho**

***Foot & Leg Strikes* - Kingeri, Maegeri, Mawashigeri, Sokuto, Hizageri**

***Blocks* - Shutouke, Sotouke, Uchiuke, Yammi Shutouke, Jujiuke**

Kumite

5 rounds Katamewaza (1 minute rounds)

3 rounds Freestyle/Sport Ju Jitsu (2 minute rounds)