

# Blue Belt Requirements

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## Techniques

1. Thousand Mallets
2. Driving the Spike
3. Siege of the Temple
4. Tangled Wings C
5. Releasing the Eagle
6. Hooves of Death
7. Lobster's Claws B, C
8. Approaching Night
9. Escape of the Lamb B
10. Crumbling Statue A, B
11. Wings of Iron A, B
12. Crashing Waves
13. Clawing Hawk
14. Spreading Wings A, B
15. Whirlpool
16. Revealing Vest
17. Sculpting Buddha
18. Silk Screen C

## Kata

- Long Kata 2
- Short Kata 3

## Basics

- Front heel thrust kick
- Rear heel kick
- Heel scoop kick
- Simultaneous snap kick and punch (same side) , punch
- Simultaneous snap kick and chop to the side, double chop to the front
- Simultaneous inward block, cover, and kick to the front

## Supplemental Techniques

19. Crossing Swords A
20. Eclipse
21. Ox Cart B
22. Tumbling Samurai
23. Spinning Blades
24. Parting the Beads
25. Crossed Arrows
26. Silk Screen A, B
27. Striking Cobra A, B, C
28. Blinding Sword
29. Hand of the Dragon B, C, D
30. Sealing the Chest

- Snap kick, double wheel kick combination
- Rear kick, snap kick combination
- Step forward and punch, hammer fist, claw, back knuckle
- Simultaneous vertical block, snap kick, and punch

# Blue Belt Read-React Skills

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## Attack-Defense Correspondence

### Technique

Ram's Head

Tangled Wings A

Broken Honor B

Sacred Chopsticks

Sacred Spike

### Alternate Attack

Right forehand club strike

Right hooking punch

Forearm choke from behind

Knife held to throat from behind

Wrist grab with punch

Normal attack, tori standing

Normal attack, tori standing

## Multiple-Choice Response

### Group One

Slaying the Dragon A

Cocking the Bow

### Group Three

Clinging Vines

Chopping Bamboo B

### Group Two

Twisted Wing B

Twisted Wing C

Twisted Wing D

Twisted Wing E

## Technique Chaining

- Purple Belt Group Two followed by Blue Belt Group One (one attacker)
- Blue Belt Group One followed by Purple Belt Group Two (two attackers)

## Technique Preemption

### Sequence One

1. Descending Arrow C

2. Descending Arrow D

### Sequence Three

1. The Shield

2. Evading the Samurai (Uke: left punch)

### Sequence Two

1. Chopping Bamboo A

2. Chopping Bamboo B

# Blue Belt Techniques

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## 1. Thousand Mallets – Right punch

### Tori

- Step forward with the left foot into a horse with a left inward block as you cock your right fist near your right leg.
- Right reverse hammer fist into the attacker's groin as you cock your left fist by your left ear.
- Left hammer fist to the kidney as you cock your right fist near your right ear.
- Right hammer fist to back of neck.
- Slip your left foot behind your right foot and move into a right cat stance. Right horizontal back knuckle to the attacker's temple as you step forward to a left horse.
- Right underhand claw to the face, ripping back toward you.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Bend your knees slightly with the strikes.
- Look down.
- Turn your face with the claw.
- Crumple.

## 2. Driving the Spike – Right punch

### Tori

- Step forward with the right foot into a horse with a right inward block.
- Right palm down locking chop to the neck.
- Shuffle forward with a right elbow spike to the attacker's sternum.
- Circle a right hammer fist down to strike the groin.
- Reverse the direction of the hammer fist into a glancing back knuckle to the nose.
- Shift to a bow and left palm thrust to the face.
- Shift back to a horse stance and right inverted punch to the solar plexus.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Bend your knees slightly with the strikes.
- Keep teeth closed.
- Crumple.

### 3. Siege of the Temple – Two person attack

#### Tori

- Step forward with the left foot with a left inward block for the punch and a right extended outward block for the grab, knocking the hand off your shoulder.
- Strike attacker #1's floating ribs with a right raking key strike as you pivot 180 degrees on left foot to face attacker #2 and left locking palm-down chop to attacker #1's ribs.
- Simultaneous right inward block to the punch and right snap kick to attacker #2's groin. Plant forward.
- Double glancing chops to the right side of attacker #2's neck.
- Right upward elbow to the chin, right claw down to the face of attacker #2.
- Cover out away from both attackers.

#### Uke

- Front attacker (#1): from a right rear horse, step forward and take a right punch to the face.
- Rear attacker (#2): grab the right shoulder with your left hand, readying right fist for a punch.
- Attacker #1: bend knees with the strikes, then crumple.
- Attacker #2 steps forward with a right punch.
- Attacker #2: lean forward.
- Attacker #2: grab face.
- Attacker #2: crumple.

### 4. Tangled Wings, C variation – Full Nelson

#### Tori

- Step forward with the left foot, turning into a reverse bow and with a right reverse elbow spike to loosen the hold. Look at the attacker as your left arm strikes down toward your left leg.
- Exchange feet and pivot into a right forward bow with a left elbow to the face and right downward block for push/pull.
- Cover out.

#### Uke

- From behind, grab the tori in a full nelson hold, while keeping your head close to tori's back.
- Keep body upright.
- Crumple.

## 5. Releasing the Eagle – Shoulder grab from the right side

### Tori

- With your left hand, pin attacker's hand to your shoulder.
- Step away with your left foot with a right key strike to the upper arm, followed by a key to the armpit.
- Circle your right arm counter-clockwise and drive your right elbow into the attacker's arm so that it bends. Put your right arm on the attacker's back.
- Left hidden foot/shuffle to get directly in front of the attacker while keeping attacker tight against you (your right hip is beyond the attacker's right). Left hand grabs attacker's right shoulder.
- From this position, get low in your stance and thrust your right hip into attacker's groin.
- Stand and throw the attacker over your hip.
- Cover out.

### Uke

- Step forward with your left foot as you grab the tori's right shoulder with your left hand.
- Bend elbow.
- Stay upright to permit a good "load".
- Slap as you fall.

## 6. Hooves of Death – Right punch

### Tori

- Step forward with the left foot and left inward block.
- Right ridge hand strike to the groin.
- Exchange feet and grab with the left hand behind attacker's right knee.
- Step forward and to the left into attacker with your right leg, right elbow toward attacker's hip to take them down as you hold onto their leg.
- Strike the inside of the left knee with a right glancing back knuckle, and then same strike and target to the inside of the right knee. Overhead chop to groin.
- Grab attacker's heel with your right hand, sliding your left hand to their toes. Twist foot sharply with both hands, bringing the foot from the left to the right side of your body.
- Left glancing heel into the attacker's floating ribs followed by a stomp to the left kidney. Step over the body so you end in a right kneel stance and right chop to the back of the neck.
- Right glancing heel into the attacker's ribs, right stomp to spine; hop across the body and right knife edge kick to the head.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Bend your knees slightly.
- Rear fall.
- Roll over.
- Keep looking at the floor to avoid exposing your face to the kick.

## 7. Lobster's Claws, B variation – Double wrist grab

### Tori

- Step left into a square horse and punch downward with both fists to loosen the grip.
- Circle fists inward and double back knuckle to face.
- Cover out.

### Uke

- Step forward with the right foot and grab both wrists.
- Crumple.

## Lobster's Claws, C variation – Double wrist grab

### Tori

- Step forward with the left foot and punch downward with both fists to loosen the grip.
- Circle both hands clockwise from your left to your right hip, ending with your left fist on top of your right.
- Simultaneous left back knuckle to face and right Kenpo punch to the solar plexus.
- Cover out.

### Uke

- Step forward with the right foot and grab both wrists.
- Crumple.

## 8. Approaching Night – Right punch from the right side

### Tori

- Drop into a cat with a windshield-wiper block.
- Step with the left foot directly behind the attacker and right two-finger eye scoop to attacker's eye. Left palm thrust to the kidney.
- Right back knuckle to the back of the head.
- Cover out.

### Uke

- From the right side, step forward with the right foot and take a right punch to the face.
- Crumple.

## 9. Escape of the Lamb, B variation – Choke from the rear

### Tori

- Step behind with your left foot into a hidden foot stance, bend low, and duck your head under the attacker's arms, while striking the groin with a left chop.
- Pivot into a square horse facing the attacker with a right ridge hand to the groin.
- Left foot steps back, cross step with the right, and turn counter-clockwise towards the attacker.
- Right crescent kick to the attacker's head.
- Cover out.

### Uke

- Get close to the tori and grab around the neck with both hands, keeping your arms bent.
- Keep body upright.
- Turn head away from the kick.
- Crumple.

## 10. Crumbling Statue, A variation – Right punch

### Tori

- Step forward and left with the left foot, pull the right into a cat stance, and use a right shield block to deflect the punch.
- Step behind the attacker into a left rear horse and circle your hands around, finishing with double palm strikes to the kidneys.
- Grab the attacker's shoulders and pull them toward you to unbalance. Pull left and push right shoulder away to throw attacker to the ground.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Bend knees slightly.
- Front fall.

## Crumbling Statue, B variation – Right punch

### Tori

- Step forward and left with the left foot, pull the right into a cat stance, and use a right shield block to deflect the punch.
- Step behind the attacker into a left rear horse and circle your hands around, finishing with double palm strikes to the kidneys.
- Grab the attacker's shoulders and pull them toward you to unbalance. Pull left and push right shoulder away to throw attacker to the ground.
- Shuffle toward the attacker and drive a right knee into the attacker's ribs and right kenpo punch to the back of the neck.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Bend knees slightly.
- Front fall.

## 11. Wings of Iron, A variation – Right punch

### Tori

- Step forward with the left foot and take a left inward block.
- Right glancing elbow to the solar plexus or floating ribs.
- Cock both hands by left shoulder and drive simultaneous chops to the neck and kidney.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Keep body upright to allow strikes.
- Crumple.

## **Wings of Iron, B variation – Right punch**

### **Tori**

- Step forward with the left foot and take a left inward block.
- Right glancing elbow to the solar plexus or floating ribs as you step forward with the right foot, ending in a right rear horse facing the attacker. Left rear elbow spike to the floating ribs.
- Step back into a left rear horse, grabbing the attacker's collar with your left hand. Right inverted punch to the back of the neck.
- Cover out.

### **Uke**

- From a right rear horse, step forward and take a right punch to the face.
- Crumple.

## **12. Crashing Waves – Hair grab**

### **Tori**

- Step straight forward with the right foot with a simultaneous left punch over the top to the face and a right inverted punch to the solar plexus.
- Step to the outside of the attacker's foot with your right as you go into a left bow stance with a left vertical block.
- Left two-finger eye slice followed by a right punch as you shift back into a horse stance.
- Cover out.

### **Uke**

- From a left rear horse, step forward, grab the hair with your left hand, and pull.
- Crumple.

## **13. Clawing Hawk – Two-handed push**

### **Tori**

- Step forward with the right foot into a short bow with 4-finger eye strikes with both hands, forearms blocking attacker's arms.
- Grab the attacker's right shoulder with your left hand. As you pull their shoulder down, pivot into a left rear horse.
- Right elbow upward into the solar plexus or chin.
- Right downward claw to the face.
- Cover out.

### **Uke**

- From a right rear horse, step forward and push the shoulders with both hands.
- Keep teeth closed.
- Crumple.



## 14. Spreading Wings, A variation – Double shoulder grab

### Tori

- Step forward with the right foot and circle your arms forward and over those of the attackers’.
- Raise your arms high and drive your elbows down onto the attackers’ arms.
- Inverted punches to both attackers’ heads.
- Cover out.

### Uke

- Attacker on right grabs shoulder with the left hand. Attacker on left grabs shoulder with the right hand. Keep elbows bent.
- Let go.
- Keep body upright and teeth closed.
- Crumple.

## Spreading Wings, B variation – Double shoulder grab

### Tori

- Step back right and circle your arms upward and back.
- Step forward with the right foot as you encircle the attackers’ arms, finishing in a low left-rear bow stance with double inverted punches forward to dislocate the attackers’ shoulders.
- Double hammer fists to ribs or groin.
- Cover out.

### Uke

- Attacker on right grabs shoulder with the left hand. Attacker on left grabs shoulder with the right hand.
- Keep elbows bent and step forward to relieve pressure on the shoulder.
- Crumple.

## 15. Whirlpool – Right punch

### Tori

- Step forward with the left foot and take a left inward block. Right locking ridge hand to side of neck.
- Step with the right foot behind the attacker and grab your right hand with your left, palms together.
- Pull the attacker toward you as you apply a sleeper hold choke with your hands.
- Pivot to a short right bow and throw attacker to the ground.
- Right Kenpo punch to base of the skull while using your right knee to pin their body in place.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Keep head turned.
- Front fall.

## 16. Revealing Vest – Bear hug from behind, arms pinned

### Tori

- Reach behind with your left hand and claw the attacker's inner thigh as you lift your left foot.
- Left stomp to the attacker's left instep, followed quickly by a right snapping heel kick to the attacker's groin and a right elbow up into the jaw.
- Pin the attacker's left arm to your body with your left arm.
- Step across your body with your right foot. Left hidden foot into a square horse facing your initial direction, grabbing the attacker's left arm with your left.
- Right inverted punch to break the left arm at the elbow.
- Cover out.

### Uke

- From behind, grab the tori around the midsection, pinning their arms.
- Keep elbow bent.
- Crumple.

## 17. Sculpting Buddha – Two-handed push

### Tori

- Step forward with the right foot as you flick your fingers into the attacker's eyes and follow through with the thumbs.
- Circle both arms around and double claws to the groin.
- Circle both arms behind the attacker's back. Pull back into a right cat with raking back knuckles to the kidneys.
- Step back in with the right foot and double four-finger eye strikes.
- Slap the attacker's arms down with the backs of your hands, and circle your hands up to drive back knuckles into the attacker's temples. Follow with a double forearm smash to the face or ears.
- Grab the attacker's head with both hands and drive their face into a right knee.
- Cover out.

### Uke

- Step forward with the right foot and push the chest or shoulders with both hands.
- Bring hands up to face.
- Crumple.

## 18. Silk Screen, C variation – Shoulder grab and punch

### Tori

- Right snap kick to the groin with simultaneous left pin and right inward block to stop the punch (your block slips under the attacker's grabbing arm).
- Plant forward with the right foot.
- Circle your right arm down and around, and bring the elbow down to clear the attacker's arm.
- Right elbow up into the chin and claw down to the face.
- Cover out.

### Uke

- With your left foot forward, grab the right shoulder with your left hand, and take a short step forward with the right foot as you take a right punch to the face.
- Keep teeth closed.
- Crumple.

# Supplemental Blue Belt Techniques

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## 19. Crossing Swords, A variation – Right punch

### Tori

- Step back with the right foot with double extended outward chopping blocks.
- Counter-grab the attacker's wrist with your left hand and follow with a right snap kick to ribs, knee, or groin.
- Step forward with the right foot, planting behind the attacker.
- Thrust your right hand palm down toward the attacker's throat using the area between the thumb and forefinger as a weapon.
- Bring the attacker's right arm over and behind your head and pull down with your left hand, breaking the elbow.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Crumple.

## 20. Eclipse – Right punch

### Tori

- Step forward with the left foot into a rear horse with a left inward block. Right punch to attacker's ribs or solar plexus.
- Left corkscrew punch to the attacker's right temple.
- Right inverted finger thrust to the area below the ribs.
- Left outward claw to clear the arm and drive head back.
- Shuffle in and right elbow smash to the body.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Crumple.

## 21. Ox Cart, B variation – Two-handed choke/grab from the rear

### Tori

- Step to the right into a square horse and counter grab the attacker's wrists.
- Right cross step and turn to face the attacker in a right rear horse, with attacker's arms crossed in front of you.
- Pull down on the attacker's arms as you drive your right knee into the elbows, continuing with a right snap kick to the groin.
- Plant forward with your right foot between the attacker's legs and right elbow smash to head.

### Uke

- From behind, step forward with the right foot and grab the neck or shoulders with both hands.
- Keep elbows bent, bend forward with kick.

- Cover out.

- Crumple.

## 22. Tumbling Samurai – Push from behind

### Tori

- Fall forward into a right shoulder roll.
- Use the momentum to come up into a right rear horse facing the attacker.
- Right knife edge thrust kick to attacker's front knee.
- Cover out.

### Uke

- Step forward with the right foot and push from behind.
- Turn leg and bend knee.
- Crumple.

## 23. Spinning Blades – Right reverse punch

### Tori

- Step forward with the left foot and left inward block.
- Right cross-step/pivot with right glancing key to the attacker's right floating rib.
- At the end of the pivot, as you settle into a right rear horse, left chop to the attacker's right floating rib.
- Right snap kick to attacker's left knee and plant forward with a right ridge hand to the groin.
- Cover out.

### Uke

- From a right rear horse, shuffle forward and take a right punch to the face.
- Crumple.

## 24. Parting the Beads – Two-handed push

### Tori

- Step back with the left foot into a cat stance with double downward peacock's beak parries.
- Right snap kick to the groin or midsection.
- Cover out.

### Uke

- Step forward with the right foot and push the chest or shoulders with both hands.
- Keep hands out of the way of the kick.
- Crumple.

## 25. Crossed Arrows – Two person attack

### Tori

- Simultaneous right inward block and right snap kick to the groin or midsection.
- Step right into a square horse and raise both arms high, then drive your elbows into the attacker's forearms to break the grip.
- Slip your left foot behind the attacker's right foot with your left knee checking the attacker's right knee.
- Cock your hands at your right hip and drive your left elbow into the attacker's face, throat, or sternum, and follow with a right hammer fist to the groin or abdomen.
- Cover out.

### Uke

- Attacker #1 grabs the midsection from behind, leaving arms free. Attacker #2 throws right punch to the head.
- Attacker #1: Crumple.
- Attacker #1: Let go.
- Attacker #1: Rear fall if necessary.

## 26. Silk Screen, A variation – Shoulder grab and punch

### Tori

- Right snap kick to the groin with simultaneous left pin and right inward block to stop the punch (your block slips under the attacker's grabbing arm).
- Counter-grab the attacker's left wrist with your right hand and step back with the right foot, pulling the attacker into you as you left palm to the chin.
- Cover out.

### Uke

- With your left foot forward, grab the right shoulder with your left hand, and take a short step forward with the right foot as you take a right punch to the face.
- Keep teeth closed.
- Crumple.

## Silk Screen, B variation – Shoulder grab and punch

### Tori

- Right snap kick to the groin with simultaneous left pin and right inward block to stop the punch (your block slips under the attacker's grabbing arm).
- Bring your left elbow over and down to trap the attacker's left forearm and step back with the right foot.
- Right half fist to the throat or side of the neck and clear the attacker's arm with the left hand.
- Cover out.

### Uke

- With your left foot forward, grab the right shoulder with your left hand, and take a short step forward with the right foot as you take a right punch to the face.
- Turn head away to protect throat.
- Crumple.

## 27. Striking Cobra A, B, C – Double right jabs

### Tori

- Shuffle back into a right cat or T stance, intercepting each jab with a right circular parry.
  - A. Right speed chop to throat.
  - B. Right corkscrew back knuckle to temple.
  - C. Right one-finger eye thrust.
- Cover out.

### Uke

- From a right rear horse, step forward and take two right jabs to the face.
- Crumple.

## 28. Blinding Sword – Right punch, back against a wall

### Tori

- Step forward and to the left with the left foot, with a simultaneous left parry and right glancing key, moving from right to left.
- Right glancing back knuckle to ribs, returning it to your right side.
- Step right between attacker's legs with a right hand sword to groin and left four-finger eye strike.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Crumple.

## 29. Hand of the Dragon, B variation – Choke from the front

### Tori

- Insert your left thumb between the attacker's right thumb and index finger—your palm will be facing down. Use your right hand to grab attacker's wrist or lower hand.
- Twist the attacker's palm toward their face as your right hand moves to the back of the hand, gripping the hand with your thumbs on the back of the hand. Flex the wrist towards their shoulder and bring it to your belt.
- Rotate the uke's hand toward your left leg as you turn into a right bow stance, taking the attacker down.
- As the attacker falls, let go and follow with a right knee to the ribs and right Kenpo punch to the face.
- Cover out.

### Uke

- Face the tori and grab the throat with your right hand.
- Bend your knees and fall on your left side.

## **Hand of the Dragon, C variation – Choke from the front**

### **Tori**

- Reach over the top of the attacker's hand and insert your left thumb into the grip to grab the thumb. Step back with your left foot.
- Twist the attacker's palm toward their face as your right hand moves to the back of the hand, gripping the hand with your thumbs on the back of the hand.
- Wrap the attacker's arm around their neck by moving your hands in a circular motion from right to left. Apply pressure to tighten the attacker's arm around their neck.
- Right Kenpo punch to base of skull.
- Cover out.

### **Uke**

- Face the tori and grab the throat with your right hand.
- Turn away from the tori as your hand is grabbed and start to kneel.
- Crumple.

## **Hand of the Dragon, D variation – Choke from the front**

### **Tori**

- Reach over the top of the attacker's hand and insert your left thumb into the grip to grab the thumb. Step back with your left foot.
- Twist the attacker's palm toward their face as your right hand moves to the back of the hand, gripping the hand with your thumbs on the back of the hand. Flex the wrist towards their shoulder and bring it to your belt.
- Rotate the uke's hand toward your left leg as you turn into a right bow stance, taking the attacker down.
- Pull the attacker's hand up to straighten the arm as you raise your right knee. Pull up hard with both hands as you stomp into the underarm or ribs.
- Counter-grab the attacker's right wrist with your right hand. Pivot, kneel on your right knee, and break the attacker's right elbow across your left leg—you will be facing the attacker's legs.
- Cover out.

### **Uke**

- Face the tori and grab the throat with your right hand.
- Bend your knees and fall on your left side.
- Keep elbow bent.



### **30. Sealing the Chest – Right punch**

#### **Tori**

- Step forward and to the left with your left foot and left parry.
- Step through a right cat into a left rear horse as you strike the temple with a right Kenpo punch.
- Drop your right hand and circle for a right palm strike to the sternum as you shift into a bow stance and take the attacker down.
- Cover out.

#### **Uke**

- From a right rear horse, step forward and take a right punch to the face.