

One Heart Way Dojo
BLUE BELT REQUIREMENTS
ROKU KYU

I. Master

Mastery is comprehensive. You are expected to know all that you've previously learned.

1. SEIUCHIN Kata with form and focus.
 2. SEISAN Kata with form, focus, speed and power.
 3. Ten Isshinryu Lower Body Movements.
 4. Stances: Seiuchin dachi, Zen Kutsu dachi, Seisan on the oblique.
 5. Must be able to fall properly to the back or front from a standing position.
 6. Must be able to break blue re-breakable board with a palm heel or hammer fist strike
 7. Must have sparred during at least 10 classes.
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II. Memorize

Japanese terms

Harai	=	sweep
Nage	=	throw
Waza	=	technique
Geri	=	kick
Koshi	=	ball of foot
Keage	=	snapping
Kekomi	=	thrusting
Mae Geri Keage	=	front snap kick
Mawashi Geri	=	roundhouse kick
Ushiro Geri	=	back kick
Tameshi waza	=	breaking technique

Count 1-10 in Japanese:

1-Ichi, 2-Ni, 3-San, 4-Shi, 5-Go, 6-Roku, 7-Sichi, 8-Hachi, 9-Ku, 10-Ju

Bible verses (approved translation):

Romans 3:23, 6:23, 5:8, 10:9-10, 10:13, 12:1-2,
John 1:12, 3:3, 3:16, 6:29, 8:31-32, 10:27-28, 10:30, 14:6,
II Corinthians 5:17, 5:21, Ephesians 6:11-12

III. Maturity

1. Must attend practice every week.
2. Must make up all missed practices with one hour on your own.
3. Must practice on your own at least 3x per week.
4. Must help with lower ranks a minimum of 12 times & log it on the sign-in sheet.
5. Must wait 6 months beyond promotion to Orange Belt