

One Heart Way Dojo
JR BLUE BELT REQUIREMENTS

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. 1-5 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 have sparred during at least 7 classes.
-

II. Memorize

Japanese terms

Harai	=	sweep
Nage	=	throw
Waza	=	technique
Geri	=	kick
Koshi	=	ball of foot
Keage	=	snapping
Kekomi	=	thrusting

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

John 1:12, 3:3, 3:16

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 wait three months beyond promotion to Orange.