

Blue Belt



Minimum Hours required: **100**

TEST REQUIREMENTS

Shomen Uchi Waza

Yokomen Uchi Waza

Ryote – Tori Waza

Ushiro Ryote – Tori Waza

**Continuous Attacks Showmen Uchi /
Yokomen Uchi**

Defence from continuous attacks must demonstrate defence, off line movement, and implementation of technique when appropriate.