



Blue Kokyu Curriculum

Stances

- All Junior Stances, plus
- **Fixed Stance, and**
- **Hourglass (Sanchin) Stance**

Blocks

- All Junior Blocks, plus
- **Knife Hand Block, and**
- **Twin Knife Hand Block**

Strikes

- All Junior Strikes, plus
- **Upward Punch,**
- **Inward Knife Hand Strike, and**
- **Side Hammer Fist**

Leg Techniques

- All Junior Kicks, plus
- **Turning Knee, and**
- **Twisting Kick**

Combination Drills

(Done on both sides starting in a Right Back Stance)

- Jam leading hand with back hand then do a front hand Back Fist. Move opponents' arm to the side then do a reverse Upset Punch/Palm Strike followed by a back-leg Knee then a Reverse Elbow.
- Double Turning Kick

Release Drill

Bear Hug

- Head Butt, Stomp opponents' foot and step wide, Hammer Fist to groin, step behind and throw (Kokyu-Nage).

Sparring

3 Step Sparring – Chukyu Sanbon Kumite

(Done from both sides against 2 x Middle punch attacks and 1 Middle Front Kick)

- Develop two block/counter combinations

Sparring –Kumite

Kata

- All Junior Kata, and
- **Chukyu Nidan**

Aiki Techniques

- Ukemi (Rolling)
- Knee walking & turning
- Irimi Tenkan
- Katatedori Ikkyo (Ai-Hanmi)
- Katatedori Kokyu Nage 1
- Shomen Uchi Ikkyo
- Suwari waza kokyu ho

Grading Requirements

- Regular training (minimum 28 general classes and 6 months)
- Proven ability to line-up as directed, quickly and quietly and not talk unnecessarily during class
- Kata: Chukyu Nidan and a Junior Kata (Examiners Choice)
- Demonstrate Basic Kihon and Blue Kokyu techniques as directed, plus
 - ROM Stretching – Front (from Walking Stance) and Side (from Horse Riding Stance)
 - 3 Rounds Basic Kumite
 - Front and side splits
 - M70 + 15 x Pushups, 30 Second Plank and 15 x Squats (in under 3 Minutes)