

# BLUE BELT TEST

## Preventive Defense Kata

**Defensive Break-Free and Counter Techniques:** One time each side.

Push Defense  
Double-Wrist Grab  
Hammerlock  
Strangle Hold  
Tackle 1-2-3-4

## **Defense and Counter Techniques:**

BearHug 1-2  
Parting the Reeds

## **Defensive Timing and Countering Techniques:**

Side Kick  
Crossing Side Kick 1-2  
Sweep 1-2-3  
Spinning Kick 1-2  
Reverse Punch  
Wheel Kick  
Roundhouse Kick 1  
Wheel Kick to Head  
Roundhouse Kick 2  
Front Hand Strike 1-2-3

## **Fighting Basics:**

Pressure Technique  
Zig Zag Footwork  
In and Out 3

Knee Up and Cover 1-2-3

Side Falls with Drop Side Kick and Ground Kicks

**Basics:** Two times each side.

Push Side Kick (front and back leg)

Push Wheel Kick

Inside Axe Kick

Outside Axe Kick

Uppercut, Cover

Cover, Uppercut

Hook, Cover

Cover, Hook

Overhand, Cover

Cover, Overhand

Mirror Wheel Kick, Cross

Mirror Side Kick, Cross

Slip, Uppercut, Hook and Cover

Slip, Uppercut, Hook, Hook and Cover

Slip, Reverse Punch, Hook and Cover

Slip, Reverse Punch, Hook, Hook and Cover

**Sparring:**

Four 1-minute Rounds of Free Spar

Point Sparring

**Verbals:**

20. Scouting
21. Pressure Technique
22. Gambling 1-2
23. Zig Zag Footwork