

## Yonkyu\_Ni – Blue Belt with Black Stripe “Leopard” (4<sup>th</sup> kyu)

A blue belt represents the sky and signifies continued growth. You as a student moves upward in your development, just as a plant reaches up into the blue sky as it grows.

**UNDERSTANDING THE HALO EFFECT- TRUST PEOPLE BECAUSE OF THE WAY THEY ARE DRESS. BEING SAFE WILL GET YOU HURT. CONTROL THE DISTANCE-LEARN TO KILL**

**All Previous Memorization:**

**All Previous Stances, Elbows, Blocks, Open Hand Strikes, Closed Hand Strikes and Kicks:**

**Waza # 1 - 19: (HAMMER DROP)**

Step back left leg 6 o'clock, double inward open block, grab wrist with left hand / right hammer fist to face, grab, slide up left leg to right, right knee to groin, right elbow to back of neck, grab head, R-Knee to face, L-Punch, R-Punch.

**Waza # 1 - 20: (ARM BREAK)**

Step back left leg 6 o'clock, double inward open block, grab wrist with left hand / right hammer fist to face, grab, slide up left leg to right, right knee to groin, right calf sweep, right arm break over left leg, L-Punch, R-Punch.

**Self-Defense # 1 – 10: (KNIFE) - Knife to Throat**

Place your hand to the back of your own head. (SDCPU)

**UNDERSTANDING THE FIVE SECOND RULE OF FIGHTING OR CLOSE COMBAT**

Learn to use the “**FENCE**”(open hands) & (keeping your hands higher than your opponent hands)

**Sparring Technique #1 – 10:(SUPERMAN)-UNDERSTANDS ALL THREE APPROACHES TO FIGHTING (Book of FIRE)**

(ie, KEN NO SEN; TAI NO SEN; TAI TAI NO SEN)

Slide up flip kick, back-fist, step through / cross, round kick to the body

**Ground Technique # 1 – 6:**

**Clinch # 1 & 3: (OVER - UNDER)** - This is a neutral clinch

One arm is hooked under your opponent's arm, the other wrapped around your opponent's arm. Your head is always on the side with the over hooked arm. You should be chest to chest with your opponent in a position that would allow you to lock your arm around their waist. This is sometimes called an over-under body lock.

**Kata: SEE INSTRUCTOR**



WIN OR LEARN

#SISU #KAIZEN