

Blue Stripe # 1

KIHON: Empi-kihon-dosa

STRIKES: Jodan-ushiro-empi, kakudo-otoshi-empi

CONCEPTS: Mokuso, intro to vibration

BUNKAI: Rohai-sho bunkai

Blue Stripe # 2

KIHON: Kihon-kata-san

BLOCKS: Uchi-mikazuki-geri-uke

STANCES: Rinten

Blue Stripe # 3

KATA: Bassai

STANCES: Sasoi-kamae, okutsu-dachi

BLOCKS: Sukui-uke (bassai version), morote-uke, haishu-uke

PUNCHES: Kagi-zuki

STRIKES: Koko-uchi

Full Brown

BUNKAI: Bassai bunkai

CONCEPTS: Shisei

GOSHIN-JITSU:

Tai-atemi-nage (juniko #9)	Muay thai clinch
Kata-atemi-nage (henshuho #24)	Yoko-men-uchi-nage (henshuho #27)
Take the back	Arm drag
Otoshi-mawari-yoko-geri (henshuho #28)	Sabaki, kote-gaeshi (juniko #6)
Mawashi-tobi-geri (junishi #3)	Morote-gari (double-leg takedown)
Choke defense	Elbow counters
Pensador defense (cover head/neck with arms, elbows out toward attacker)	