



# 7TH KYU BLUE BELT REQUIREMENTS

## SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

### STRIPE # 1: *KIHON & WAZA*

**\*\* MANDATORY ATTENDANCE: 8 CLASSES \*\***

#### KIHON (BASIC TECHNIQUES):

- **Cat Leg Stance**—Neco Ashi Dachi
- **Augmented Block**—Morote Uke
- **Palmheel Block**—Shote Uke
- **Close Punch**—Ura Zuki
- **Spearhand Strike**—(Uchi) Nukite Uchi
- **Front Stomp Kick**—Mae Fumikomi Geri
- **Side Stomp Kick**—Yoko Fumikomi Geri
- **Back Stomp Kick**—Ushiro Fumikomi Geri

#### WAZA (FORWARD & BACKWARD IN MOTION):

- **#1**—Lower Sweep Block, Reverse Punch
- **#2**—Upper Rising Block, Reverse Punch

### STRIPE #2: *KATA*

**\*\* MANDATORY ATTENDANCE: 8 CLASSES \*\***

- **Taikyoku Shodan**
- **Taikyoku Nidan**
- **Taikyoku Sandan**
- **Pinan Shodan**
- **Pinan Nidan**

**SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4**





# 7TH KYU BLUE BELT REQUIREMENTS

## SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

### STRIPE #3: KUMITE

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

- **Ippon Kumite #1-5**—Left & Right Foot Back
  - \* #1—Upper Rising Block, Reverse Punch
  - \* #2—Middle Outside Block, Reverse Punch
  - \* #3—Lower Sweeping Block, Reverse Punch
  - \* #4— Middle Inside Block, Roundhouse  
Knifehand Strike, Pull Hand to Hip,  
Roundhouse Elbow Strike
  - \* #5—Move to Outside in Cat Leg Stance, Side  
Stomp Kick, Roundhouse Kick, Land with  
Foot Behind
- **RS (Rear Step)** — With Counter
  - \* Against Hand & Foot Techniques
- **Jiyu Kumite (Freestyle Sparring)**
  - \* Using SA, ABC, BC & RS

**SPARRING EQUIPMENT IS MANDATORY AT THIS LEVEL**

### STRIPE #4: SELF-DEFENSE

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

#### DEFEND AGAINST:

- **Side Headlock**—Finger Jab / Tigermouth Strike / Hammerfist Strike / Slip Out
- **Front Headlock**—Rising Ridgehand Strike / Use Elbow to Do Takedown / Front Stomp Kick
- **Rear Headlock**—Elbow Strike / Twisting Takedown / Knee Strike

#### BREAKFALLS (Level #2—Squatting):

- **Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll**

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)  
BE SURE TO COMPLETE WRITTEN EXAMINATION (IF REQUIRED) & INTENT TO PROMOTE SHEET  
AND TURN THEM IN BEFORE EXAMINATION DAY.**

**FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT) MUST BE WORN FOR ALL  
SATURDAY BELT EXAMS. STUDENTS NOT IN FULL UNIFORM WILL NOT BE ALLOWED TO TEST.**