

Kosho-kai Karate Dojo
Standards for Rokyu - Blue Belt

Improved performance of all previous standards

Completion of blue belt history/knowledge sheet

Kihon Waza:

Kake dachi

Kokatsu dachi

Gyaku tsuki

Toraken

Nishiken (nihon nukite)

Onaken (nakadate ipponken)

Hiraken (anuchiken)

Koken (kogato)

Ipponken (ichiken)

Shuto uke

Osae uke

Mawashi uchi

Waza:

Ippon Kumite Kata 5 - 6

Animal Forms - Level 1

Taezu Naru Waza 2

Juho waza (soft method techniques)

- One hand lapel grabs

- Two hand lapel grabs

Kata:

Wansu

Undo:

Kime dachi kumite