

## Junior Ikkyu (Red Belt) Practice Sheet

Exercise	Notes
Shikko	Knee Walking
Ukemi	Standing roll, front and back
Atemi with a Partner	Yokomenuchi, Shomenuchi, Munetsuki
Tai No Henko	Dynamic
Attack	Defense
Yoke/Sho	Kotegaeshi (Outside Parry)
Sho/Yoke	Iriminage (Outside Parry)
Yoke/Sho	Ikkyo Omote (Outside Parry)
Mune Tsuki	Kotegaeshi (Outside Parry)
Mune Tsuki	Ikkyo Ura (Outside Parry)
WaistLock (Under Arms)	Nikyo
Bearhug (Over Arms)	Ikkyo
Ryotetori (Rear)	Shihonage
Ryokatatori (Rear)	Kotegaeshi
Eritori	Iriminage
Yokomen Uchi	Freeplay (2)
Shomen Uchi	Freeplay (2)
Mune Tsuki	Freeplay (2)
Jiyu Waza (1 Uke)	Freeplay (4)
20 Hours Minimum Required	Kokyu Ho