

Junior Nikyu (Purple Belt) Practice Sheet

Exercise	Notes
Tai Sabaki	Tenkan, Push Parry, Pivot parry
Shikko	Knee Walking
Ukemi	Standing roll, front and back
Atemi with a Partner	Yokomenuchi, Shomenuchi, Munetsuki
Ude Furi Undo	Yoke, Sho, Tsuki -- Inside & Outside With uke, measure Ma-ai.
Tai No Henko	Static
Attack	Defense
Yokomen Uchi	Shihonage Omote/Ura
Sho/Yoke	Kotegaeshi
Yoke/Sho	Iriminage
Sho/Yoke	Ikkyo Omote
Mune Tsuki	Kotegaeshi (Inside Parry)
Katatetori	Shihonage Omote/Ura
Kosatori	Kotegaeshi
Katatori	Ikkyo Ura
Ryokatatori (Front)	Ikkyo Omote
Ryotetori (Rear)	Sankyo (Throw/Pin)
Hook Elbows (Rear)	Iriminage
Ushiro Kubishime	Ikkyo Omote/Ura
Bearhug (Over Arms)	Sankyo (Throw/Pin)
15 Hours Minimum Required	Kokyu Ho