

## Nikyu (Purple Belt) Practice Sheet

| Attack                              | Defense   |
|-------------------------------------|---|
| Traditional Weapons                 | Boken Happogiri   |
| Traditional Weapons                 | Jo Kata (6)   |
| Yoke/Sho                            | Shihonage Omote/Ura   |
| Sho/Yoke                            | Yonkyo  |
| Yoke/Sho                            | Ikkyo Omote   |
| Sho/Yoke                            | Ikkyo Ura   |
| Yoke/Sho                            | Koshinage<br>(hip block)  |
| Sho/Yoke                            | Iriminage   |
| Yoke/Sho                            | Nikyo   |
| Sho/Yoke                            | Kotegaeshi  |
| Yoke/Sho                            | Sankyo  |
| Mune Tsuki                          | Kotegaeshi  |
| Mune Tsuki                          | Kaitennage  |
| Static Front Grabs                  | Free Play (5)   |
| Yokomen Uchi                        | Free Play (4)   |
| Shomen Uchi                         | Free Play (4)   |
|                                     |   |
| Mune Tsuki                          | Free Play (4)   |
| Ushiro Waza                         | -Ryotetori Shihonage<br>-Ryotetori Ikkyo<br>-Ryokatatori Kotegaeshi<br>-Ryokatatori Sankyo<br>-Grab/Shove Kokyunage |
| Ushiro Waza (static)                | Free Play (4)   |
| Hanmi Handachi                      | Yoke/Sho<br>-Hijinage<br>-Aikinage<br>-Kotegaeshi   |
| Jiyu Waza                           | Free Play (4)   |
| Q & A                               | Prior to Test   |
| 60 Hours Minimum & Sponsor Required | Kokyu Ho  |
|                                     |   |

| Question   | General Answer  |
|--|---|
| What are the dojo values?                          | Safety, budo, partner practice, respect, positive and friendly attitude, learning mindset, honor and integrity, have fun  |
| What is the important point of the parry?          | Capturing the balance and maintaining the balance break throughout  |
| What are the 7 Virtues of Budo?                    | Honor, benevolence, rectitude/justice, sincerity, courage, loyalty, respect   |
| How does hanmi handachi apply to the modern world? | It is possible to get knocked down during an altercation, so being able to defend oneself from the ground, especially against multiple attackers, is a salient skill to have. |
| What do the 7 pleats on the hakama represent?      | 7 Virtues of Budo   |

| KEY to Comments   |
|---|
| NT = NO TURN,    PP = POSTURE,    GW = GRABBED WEAPON,<br>R = ROUGH,    XX = CRISS CROSS,    NP = NO PARRY,    M = MA-AI<br>MG = MAT GENERALSHIP,    NB = NAGE BALANCE,    UB = UKE BALANCE |

| Requirements and Other Notes   |
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| Falling and Rolling - prior to test for eligibility, and based on physical ability.<br>Martial mindset is a component of eligibility and must be demonstrated during the test.<br>One-hand grabs, uke threatens with other hand, brown belt & up attack after 2 secs, shodan & up attack after 1 sec.<br>Grab & shove kokyunage is forward knee drop or sweep back raise arms.<br>Parries focus on the over under parry/block from the Sankyu level (brown belt) and forward. Outside parries included.<br>60 Hours minimum required. Sponsor required. Q&A prior to test. |