

## Junior Yonkyu (Blue Belt) Practice Sheet

Exercise	Notes
Funekogi Undo	Rowing (R/L)
Ikkyo Undo	High Parry
Tai Sabaki	Tenkan, Push Parry, Pivot parry
Ukemi	Back fall with/without slap out
Ukemi	Standing roll, front
Atemi with a Partner	Yokomenuchi, Shomenuchi, Munetsuki
Ude Furi Undo	Yoke, Sho, Tsuki -- Inside & Outside With uke, measure Ma-ai.
Attack	Defense
Yokomen Uchi	Shihonage
Shomen Uchi	Iriminage
Yokomen Uchi	Kotegaeshi
Katatetori	Shihonage Omote
Kosatori	Kotegaeshi
Kosatori	Sankyo (Pin)
Ryokatatori (Front)	Ikkyo Omote
Hook Elbows (Rear)	Iriminage
Around the Neck (Rear)	Kotegaeshi
15 Hours Minimum Required	Kokyu Ho