



YON KYU—4th Kyu Blue Belt Requirements

Requirement	Description	
Hand Strikes	Palm Strikes & Flow Drills	
Kicking	Flying Side Kick, Spin Wheel Kick	
Stances	Snake Stance & Application	
Blocks	Application Study Against Attacks	
Kata	Kaminari No Kata	
Self Defense	Bear Hug II	
	Head Lock II	
	Three Basic Chokes	
	Club Stab	
	Knife Stab	
Application	Ippon Kumite 1 to 5	
	Randori Throws	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Training Time	3-4 Months Since 5th Kyu Stripe	



4th Kyu Blue Belt #2 Tip Requirements

Requirement	Description	
Hand Strikes	Kumite Application of Hand Strikes	
Kicking	Two Jump and Two Spin Kicks of Choice	
Stances	Dragon & Leopard Stance / Application	
Blocks	Defensive Application Study	
Kata	1/2 Mizu no Kata	
Self Defense	Against Tackle Attempt	
	Against Hip Throw	
	Four Jujitsu Pinning Methods	
	Tomenagi Circle Throw	
	Freestyle Knife and Club Application	
Application	Kumite Rounds Jiyu Kumite	
	Grappling Rounds	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Training Time	2-3 Months Since 4th Kyu	