

(SHICHIKYU 7th KYU) ORANGE BELT REQUIREMENTS

SELF DEFENCE TECHNIQUES

1. _ ATTACKING CIRCLE

A. Using the Clock as a Reference

2. _ SUMO

A. Two Hand Grab from the Front...Low

3. _ JAPANESE STRANGELHOLD (A-E)

A. Arm Stranglehold from Behind

4. _ BLOCKING THE KICK (A-E)

A. Front Kick from 12:00

5. _ HEADLOCK (ABC)

A. Headlock from the Side or Front

6. _ CRASH OF THE EAGLE PT. 1 (A-E)

A. Two Hand Choke from Behind

7. _ GRASPING TALON (AB)

A. Left Grab to Right Wrist

8. _ TACKLE TECHNIQUES (ABCD)

A. Tackle from 12:00

9. _ DANCER

A. Two Hand Choke from Behind

10. _ OPPONENT AT SIDES (ABCD)

A. Two Man Attack... One on each Arm

11. _ PASSING THE HORIZON (AB)

A. Hammerlock from Behind

12. _ KIMONO GRAB (ABC)

A. Two Hand Grab from the Front

13. _ LEVER (ABC)

A. Left Grab to Right Shoulder

14. _ CRASHING ELBOW (AB)

A. Right Punch

15. _ HEEL HOOK (AB)

A. Full Nelson

16. _ BRIDGE (AB)

A. Two Handed Choke from Behind

17. _ EAGLE'S BEAK (ABC)

A. Shoulder Grab from the Side

18. _ FRONT BEARHUG (ABCDE)

A. Front Bear Hug Arm Free

19. _ SCIMITAR

A. Right Punch

20. _ BREAKING THE CROSS

A. Two Handed Choke From Behind

21. _ AIMING THE SPEAR

A. Left Grab to Right Shoulder

22. _ RAISING THE STAFF (AB)

A. Left Grab to Right Wrist

23. _ LOWERING THE GATE (AB)

A. Left or Right Punch

24. _ ROCKING ELBOW

A. Left Grab to Right Wrist

25. _ REVERSE HAMMERLOCK (AB)

A. Hammerlock from Behind

26. _ ANVIL (ABCD)

A. Double Wrist Grab from the Front

27. _ KNEE LIFT

A. Bear Hug from the Front Arms Pinned

28. _ CRANE LEAP (ABCD)

A. Sucker Punch from Handshake

29. _ DRIVING ELBOWS (AB)

A. Bear Hug from Behind Arms Pinned

30. _ CROSSING GUARD (AB)

A. Offensive Movement

____ 1st Stripe Tested by ____ DATE ____

____ 2nd Stripe Tested by ____ DATE ____

____ Passed Belt, Tested by ____ DATE ____

BLOCKS...

_ PARRY

_ WEDGE

HEIHO DOJO™

KICKS...

_ SPINNING HEEL HOOK

_ CRESCENT

_ SCOOP

_ MUAY THAI SIDE

SHORT FORM 1 KATA (4 SHIELDS)...

_ INWARDS

_ VERTICAL OUTWARDS

_ UPWARDS

_ DOWNWARDS