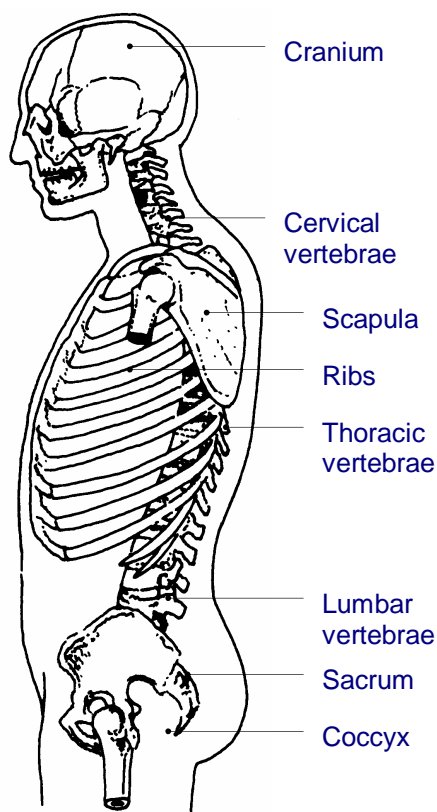


BLUE BELT

JOINT SYLLABUS '09

1. VALLEY DROP THROW (2)
2. COUNTER TO STRAIGHT ARM LOCK (3)
3. HEAD, HIP & KNEE THROW
4. COUNTER TO BACK ARM AND COLLAR
5. THREE DIFFERENT BLOCKS USING THE SAME ARM
6. 2 MAN ATTACKS (2)
7. WEDGE BLOCKS
8. REVERSE DROPPING BODY DROP
9. FIRST 24 MOVES FIRST BLOCKING KATA (FULL KATA)
10. SHOULDER ARM LOCK FROM COLLAR GRAB FROM REAR
- 11. FULL SHOULDER (2)**
- 12. COUNTERS TO BAR CHOKES**
- 13. KNIFE HAND TO THE NECK FOLLOWED BY KICK TO THE SOLAR PLEXUS**
- 14. ADVANCED PAD WORK**



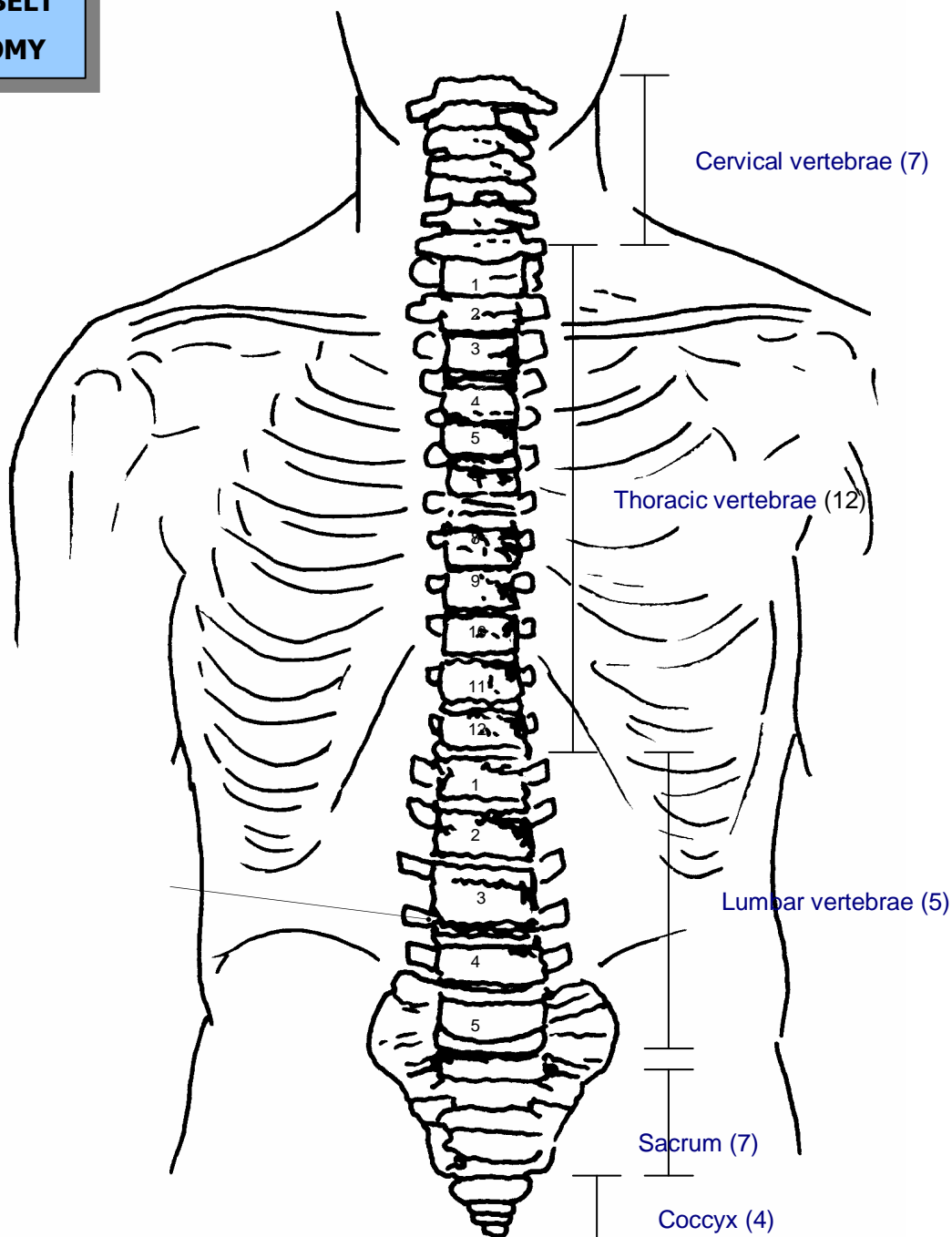
**Anatomy
Bones of the Back**

7 Cervical vertebrae
12 Thoracic vertebrae
5 Lumbar vertebrae
5 Sacrum vertebrae
4 Coccyx vertebrae
(33 vertebrae in total)

Japanese Terminology

Co-ordination of mind and body - Aikido
Attack vitals - Ate-Waza
Martial Way - Budo
One Point - Ippon
Head Founder - Soke

**BLUE BELT
ANATOMY**



Anatomy

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