

BLUE BELT

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
15. GROUNDWORK:
 - SCISSOR SWEEP
 - PUSH SWEEP

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

