

BLUE STRIPE



Form

Guen Bon (28 movements)

Roots. Representing the past experiences of those who have gone before us and given of themselves for our benefit.

Blocks

Low Section Kyuki-do Block
Mid-Section Kyuki-do Block

Stances

All Previous Stances

Self-Defense

Side Headlock with Punches
Side Headlock Hands Together

Strikes

Hammer Fist Strike
Front Leg Thrust Kick
Front Leg Roundhouse Kick
Front Leg Side Thrust Kick

Grappling

Yoko Gatame (Pin Three)
Kamishi Ho Gatame (Pin Four)
Kazure Kamishi Ho Gatame (Pin Five)
Maintain High Posture (Inside Guard)
Maintain Low Posture (Inside Guard)