

October 1, 2011

Open Sky Kids Test #4

BLUE BELT

Solo Practice

Rowing Exercise Sounds are: He-Ho, Eh- Sa.

Partner Practice

Shomen uchi Ikkyo Omote (show-men oo-chee eek-yoh) Elbow controlling technique from head strike entering in front of partner.

Shomen uchi Ikkyo Ura Elbow controlling technique entering behind partner.

Tsuki Kotegaeshi (ski koh-tah-gah-eesh) Wrist turning technique from a punch.

Tsuki Iriminage (ski ih-ree-mee nah-gay) Controlling a punch by getting behind partner.

Definitions

Omote (oh-mo-tay) enter in **front** of uke

Ura (oo-rah) enter in **back** of uke

Nage (nah-gay) The person who does the technique.

Uke (oo-kay) The person who gives the attack and who receives the technique.