

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.