
Blue Belt

Eligibility for testing

- At least 10 months of consistent class attendance as Green Belt
- Participation at CNGK events (camps, tournaments etc)
- Attend optional kobudo classes at least once per month
- Ability to do 30 consecutive push-ups and sit-ups with proper form

Performance requirements

Kata

- Sanchin
- Gekisai Ichi
- Gekisai Ni
- Saifa
- Tenchi

Kobudo

- Gekisai Ichi no bo
- Gekisai Ni no bo
- Gekisai Ichi no sai
- Gekisai Ni no sai

Kumite

- Point sparring
- Free sparring
- Renzoku

Training expectations

- Good attendance and regular at-home practise is necessary for this level of training.
- Focused preparation needs to start at least one month prior to your expected test date.
- You should be practicing between classes on a regular basis before you book your belt test. All previous kata levels are expected to show improvement.
- It is strongly recommended that you attend a CNGK tournament in the year prior to your Blue Belt test.