

# OKAIGAN KARATE DOJO

## YELLOW BELT EXAM REQUIREMENTS - 10TH KYU

### **MINIMUM NUMBER OF CLASSES/MONTHS**

24 Classes/3 Months

-Testing is based on training 2-3x per week

-We highly recommend that all students in the youth classes train at least two times per week.

### **STANCES**

Ready Position, Front Stance, Straddle Stance

### **PUNCHES**

Stationary Reverse Punch, Lunge Punch

### **BLOCKS**

Rising, Down, Inside and Outside

### **KICKS**

Stationary and Moving Front Snap Kicks

Stationary and Moving Side Snap Kicks

Stationary Back Thrust Kick

### **KATA**

Taikyoku Shodan

### **GRABS/SELF DEFENSE**

Straight Across, Cross Hand, 1 Wrist, Double Arm, Shoulder Grab from Behind

### **COMMANDS**

Hidari Zenkutsu Dachi Gedan Barai

Bow

Kiai

Seiza (Formal Japanese Sitting Position)

### **BASIC MANNERS AND ETIQUETTE**

Be respectful to others

Know how to greet another black belt/student

Tell Parent(s) Thank you for driving you to and from karate dojo

### **MANDATORY EQUIPMENT**

-Mouthguard and Case (by his/her 2nd class)

-Karate Uniform (Gi) before testing for Yellow Belt

### **TESTING DATES**

Test dates and students eligible are posted monthly in the dojo

Updated: August 1, 2018