

OKAIGAN KARATE DOJO

PURPLE BELT EXAM REQUIREMENTS - 5TH KYU

THIS TEST IS IN JAPANESE

MINIMUM NUMBER OF CLASSES/MONTHS

32 Classes/4 Months

-classes are based on training 2-3x per week

(under age of 10 it may take 5-6 months to be ready to test)

PUNCHES

Stationary Reverse Punch, Lunge Punch, Double Punch and Triple punch

BLOCKS

Rising, Down, Inside, Outside, Knife Hand Block, Augmented Block

All Blocks followed by a reverse punch

Wedge and augmented blocks moving in either a front or back stance

Any block followed by double punch

Any block followed by a strike

X-block and Wedge Block

Any triple punch, block and/or strike combination

STANCES

-Ready Position, Front Stance, Straddle Stance, Back Stance, Fighting Stance, Cross legged Stance, Cat stance, half-front stance

-Must demonstrate knowledge of all stances moving forward and backward.

COMBINATIONS

Inside block, elbow strike, back fist to reverse punch

Knife hand block, front snap kick to spear hand thrust

STRIKES

-Incorporate a mid-point cover

Bear Claw, Fork to the Eyes, Spear (low and middle), Single Finger, Forward Elbow,

Roundhouse Elbow, Palm Heal, Inside/Outside Ridge, Inside/Outside Shuto, Hammer

Strike, Fore-Knuckle, and Back-fist

KICKS

Stationary and Moving Front Snap and Front Thrust Kicks

Stationary and Moving Side Snap and Side Thrust Kicks

Stationary Back Thrust Kick

Moving Back Thrust Kick

Any double kick combination using same leg or alternating

TESTING KATA:

Heian Godan, Gyaku Heian Yodan

OTHER KATA:

Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Gyaku Taikyoku Shodan,

Gyaku Heian Shodan, Gyaku Heian Nidan, Gyaku Heian Sandan

BUNKAI:

Have an understanding of what the movements mean in all Kata's

SPARRING

5 step sparring

Jiyyu kumite (free sparring)

IPPON KUMITE

Ippon Kumite: Jodan/Chudan/Gedan Zuki and Mae Geri

SELF DEFENSE

8th kyu grabs plus anything that someone may grab you with. 1-2 Counters per attack

1:1 self defense and single line self defense 1-2 counters per attack

WRITTEN EXAM

There is a written exam prior to testing for Blue Belt. Please type, no spelling errors. Many answers can be found on dojo website and we have a “library” of books that the students can check out. Students may refer to black belts with help on their exam.

RECOMMENDED READING

Recommend to purchase the book: Best Karate Series, by Nakayama - Book #6

Student will receive written questions about this book on their exam.

STUDENTS RESPONSIBILITIES

Upon receiving their blue belt students made flash cards (Japanese - English) for all techniques and showed them to Sensei Mary

Student must understand all student responsibilities listed on previous requirements in addition to the following:

Students must demonstrate some understanding of hip rotation especially for their block/punch combinations

Students must demonstrate breathing

Students must demonstrate timing

Students must show snap and power within their movements

Students cannot short cut their movements, slow down and show all parts of the move

When kicking supporting foot must remain flat on the floor.

Students must not “stutter step” when moving from one front stance to the next

Students must be able to tie their belt correctly and evenly

Students must take a written exam prior to testing for purple belt

Students must complete 10 service hours of karate teaching prior to testing for their belt

- Students are responsible for keeping track of the day/time/instructor and will turn in (typed) on a separate piece of paper. Examples are at front office.
- Students may assist any class as long as it is below their belt level.
- Prior to class student must inform instructor that they are there to assist.
- If instructor only has them assist for a partial hour the student may still record 1 hour of assisting

SEMINARS

-Attend 2 dojo seminars in the past 3 months (seminars are often held by visiting sensei's such as Igaki, Murphy, Morton)

TOURNAMENTS

** Attend the DOJO Tournament in May (1 year)

** Attend one (1) “In-House” Tournament at dojo (2 per year)

TESTING DATES

Test dates and students eligible are posted every other month in the dojo

Updated: August 1, 2018