

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