

# OKAIGAN KARATE DOJO

## GREEN BELT EXAM REQUIREMENTS - 7TH KYU

### MINIMUM NUMBER OF CLASSES/MONTHS

**24 Classes/3 Months**

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

*(under age of 10 it may take 4-6 months to be ready to test)*

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

### PUNCHES

Stationary Reverse Punch, Lunge Punch and Double Punch

### BLOCKS

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

All Blocks followed by a reverse punch

### STANCES

Ready Position, Front Stance, Straddle Stance, Back Stance, Fighting Stance

### COMBINATIONS

Inside block (front stance) elbow strike (straddle stance)

Knife hand block (back stance) spear hand thrust (front stance)

### 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

### TESTING KATA:

Heian Sandan, Gyaku Taikyoku Shodan and Gyaku Heian Shodan

### OTHER KATA:

Taikyoku Shodan, Heian Shodan, Heian Nidan

### BUNKAI:

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

### SELF DEFENSE

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

### WRITTEN EXAM

There is a very basic written exam prior to testing for Green Belt. Please write neatly, no spelling errors. 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 FOR WRITTEN EXAM AND VERBAL QUESTIONS AT TEST

Recommend to purchase the book: Best Karate Series, by Nakayama - Book #5

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

## **MANDATORY EQUIPMENT**

**\*\*Purchase a medium weight karate uniform (gi) prior to your green belt exam.**

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

-Karate Uniform (Gi) before testing for yellow belt

-Gold belt you will need to purchase your own gloves for sparring

-Orange belt purchase shin insteps (helmet/face shield, chest guard optional but recommended)

-All boys who spar must have a groin protector

## **STUDENTS RESPONSIBILITIES**

Have a desire to learn - Know the requirements for your test

Bring your mouthguard to class everyday - Wear a clean karate uniform (Gi) - Bring sparring gloves to dojo everyday

Punches must be centered at the solar-plex level

Students must demonstrate proper stances including foot position and weight distribution.

Students must demonstrate that the rear leg in a front stance is straight and feet are flat on floor.

Students must demonstrate that they understand which part of the foot kicks for each kick.

Students must understand the mechanics for each block

Students must demonstrate proper Kime (eye focus)

Students must take a written exam prior to testing

Students must demonstrate a proper hikite (recoil)

### **Students must complete 3 service hours prior to testing for Green 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 students must inform instructors 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**