



Karate-do Yushin-juku

空 手 道 優 心 塾

10th Kyu (Yellow Belt) Requirements

Eligibility: Minimum 6 class attendances after starting karate

KIHON (Basics)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

1. Zenshin: Jodan jun-zuki (*4-times, turn*)
Step-in: Upper forward-punch
2. Zenshin: Chudan jun-zuki (*4-times, turn*)
Step-in: Middle forward-punch
3. Zenshin: Age-uke (*4-times, turn*)
Step-in: Rising-block
4. Zenshin: Chudan soto-uke (*4-times, turn*)
Step-in: Middle outside-block
5. Zenshin: Gedan-barai (*4-times, turn*)
Step-in: Down-block
6. Zenshin: Chudan mae-geri (*4-times, turn*)
Step-in: Middle front-kick

KATA (Form)

Taikyoku Shodan (*"the Ultimate First-step"*)

Count 1 through 10 in Japanese

1	<i>Ichi</i>	6	<i>Roku</i>
2	<i>Ni</i>	7	<i>Hichi/Nana</i>
3	<i>San</i>	8	<i>Hachi</i>
4	<i>Shi/Yon</i>	9	<i>Kyu</i>
5	<i>Go</i>	10	<i>Jyu</i>



Karate-do Yushin-juku

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9th Kyu (Orange Belt) Requirements

Eligibility: Minimum 8 class attendances after obtaining the 10th kyu (Yellow Belt)

KIHON (Basics)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

1. **Zenshin:** Jodan jun-zuki (*4-times*)
Step-in: Upper forward-punch
2. **Koshin:** Age-uke (*4-times*)
Step back: Rising-block
3. **Zenshin:** Chudan jun-zuki (*4-times*)
Step-in: Middle forward-punch
4. **Koshin:** Chudan soto-uke (*4-times*)
Step back: Middle outside-block
5. **Zenshin:** Mae-geri (*4-times*)
Step-in: Middle front-kick
6. **Koshin:** Gedan-barai (*4-times*)
Step back: Down-block
7. **Zenshin:** Kokutsu-dachi shuto-uke (*4-times*)
Step in: Back-stance knife-hand-block
8. **Koshin:** Kokutsu-dachi shuto-uke (*4-times*)
Step back: Back-stance knife-hand-block

KATA (Form)

Heian Sho-dan ("*Peace and Tranquility #1*")

YON-HON KUMITE (4-step Sparring)

Jodan-zuki (*face punch*) vs. Age-uke (*rising-block*)

Chudan-zuki (*chest punch*) vs. Soto-uke (*outside-middle-block*)



Karate-do Yushin-juku

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8th Kyu (Red Belt) Requirements

Eligibility: Minimum 8 class attendances after obtaining the 9th kyu (Orange Belt)

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

1. Zenshin: Jodan jun-zuki (*4-times*)
Step-in: Upper forward-punch
2. Koshin: Age-uke (*4-times*)
Step-back: Rising-block
3. Zenshin: Chudan soto-uke (*4-times*)
Step-in: Middle outside-block
4. Koshin: Chudan uchi-uke (*4-times*)
Step-back: Middle inside-block
5. Zenshin: Gedan-barai (*4-times*)
Step-in: Down-block
6. Koshin: Kokutsu-dachi shuto-uke (*4-times*)
Step-back: Back-stance knife-hand block
7. Zenshin: Chudan Mae-geri (*4-times, Turn*)
Step-in: Middle front-kick
8. Zenshin: Jodan Mae-geri (*4-times, Turn*)
Step-in: Upper front-kick

Migi kiba-dachi (*Right horse-stance*)

9. Zenshin: Yoko-keage (*4-times, Turn & Repeat*)
Step-in: Side-snap kick
10. Zenshin: Yoko-kekomi (*4-times, Turn & Repeat*)
Step-in: Side-thrust kick

KATA (*Form*)

Heian Ni-dan ("*Peace-and-Tranquility #2*")

YON-HON KUMITE (*4-step Sparring*)

- Jodan-zuki (*face-punch*) vs. Age-uke (*rising-block*)
Chudan-zuki (*chest-punch*) vs. Soto-uke (*outside-middle-block*)
Mae-geri (*font-kick*) vs. Gedan-barai (*down-block*)



Karate-do Yushin-juku

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7th Kyu (Blue Belt) Requirements

Eligibility: Minimum 10 class attendances after obtaining the 8th kyu (Red Belt)

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan jun-zuki → Chudan ren-zuki (*4-times*)
Step-in: Upper forward-punch, Double chest-punches
- Koshin:** Age-uke → Chudan ren-zuki (*4-times*)
Step-back: Rising-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Chudan ren-zuki (*4-times*)
Step-in: Middle outside-block, Double chest-punches
- Koshin:** Chudan uchi-uke → Chudan ren-zuki (*4-times*)
Step-back: Middle inside-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow strike
- Koshin:** Kokutsu-dachi shuto-uke → Nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-stance spear-hand attack
- Zenshin:** Chudan mae-geri → Jodan mae-geri (*2-sets, Turn & repeat*)
Step-in: Middle front-kick & Upper front-kick combination

Migi kiba-dachi (*Right horse-stance*)

- Zenshin:** Yoko-keage (*4-times, Turn & repeat*)
Step-in: Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times, Turn & repeat*)
Step-in: Side-thrust kick

KATA (*Form*)

Heian San-dan (*"Peace-and-Tranquility #3"*)

YON-HON KUMITE (*4-step Sparring*)

- | | | |
|------------------------------------|-----|--|
| Jodan-zuki (<i>face-punch</i>) | vs. | Age-uke (<i>rising-block</i>) |
| Chudan-zuki (<i>chest-punch</i>) | vs. | Soto-uke (<i>outside-middle-block</i>) |
| Mae-geri (<i>front-kick</i>) | vs. | Gedan-barai (<i>down-block</i>) |



Karate-do Yushin-juku

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6th Kyu (Green Belt) Requirements

Eligibility: Minimum 10 class attendances after obtaining the 7th kyu (Blue Belt)

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan jun-zuki → Chudan ren-zuki (*4-times*)
Step-in: Upper forward-punch, Double chest-punches
- Koshin:** Age-uke → Chudan ren-zuki (*4-times*)
Step-back: Rising-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Chudan ren-zuki (*4-times*)
Step-in: Middle outside-block, Double chest-punches
- Koshin:** Chudan uchi-uke → Chudan ren-zuki (*4-times*)
Step-back: Middle inside-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow strike
- Koshin:** Kokutsu-dachi shuto-uke → Nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-stance spear-hand attack
- Zenshin:** Chu-dan mae-geri → Jodan mae-geri (*2-sets, Turn & Repeat*)
Step-in: Middle front-kick & Upper front-kick combination
- Zenshin:** Mawashi-geri (*4-times, Turn & Repeat*)
Step-in: Roundhouse-kick

Migi kiba-dachi (*Right horse-stance*)

- Zenshin:** Yoko-keage (*4-times, Turn & Repeat*)
Step-in: Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times, Turn & Repeat*)
Step-in: Side-thrust kick

KATA (*Form*)

Heian Yon-dan ("*Peace-and-Tranquility #4*")

KIHON IPPON-KUMITE (*Basic 1-step Sparring*)

- Jodan-zuki (*face-punch*) vs. Age-uke (*rising-block*) → gyaku-zuki
Chudan-zuki (*chest-punch*) vs. Soto-uke (*outside-middle-block*) → gyaku-zuki
Mae-geri (*front-kick*) vs. Gedan-barai (*down-block*) → gyaku-zuki



Karate-do Yushin-juku

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5th Kyu (Purple Belt) Requirements

Eligibility: Minimum 10 class attendances after obtaining the 6th kyu (Green Belt)

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)
Step-in: Upper back-fist strike, Middle reverse-punch
- Koshin:** Age-uke → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Chudan gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Middle reverse-punch
- Koshin:** Chudan uchi-uke → Chudan gyaku-zuki (*4-times*)
Step-back: Middle inside-block, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
- Zenshin:** Mae-geri → Gyaku-zuki (*4-times*)
Step-in: Front-kick, Middle reverse-punch
- Zenshin:** Mawashi-geri → Gyaku-zuki (*4-times*)
Step-in: Roundhouse-kick, Middle reverse-punch
- Zenshin:** Yoko-keage (*4-times*)
Step-in: Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times*)
Step-in: Side-thrust kick

KATA (*Form*)

Heian Go-dan ("*Peace-and-Tranquility #5*")

Tekki Sho-dan ("*Iron Horse #1*")

KIHON IPPON-KUMITE (*Basic 1-step Sparring*)

- | | | |
|---|-----|---|
| Jodan-zuki (<i>face-punch</i>) | vs. | Age-uke (<i>rising-block</i>) → gyaku-zuki |
| Chudan-zuki (<i>chest-punch</i>) | vs. | Soto-uke (<i>outside-middle-block</i>) → gyaku-zuki |
| Mae-geri (<i>front-kick</i>) | vs. | Gedan-barai (<i>down-block</i>) → gyaku-zuki |
| Yoko-kekomi (<i>side-thrust kick</i>) | vs. | Shuto-uke (<i>knife-hand-block</i>) → gyaku-zuki |
| Mawashi-geri (<i>roundhouse kick</i>) | vs. | Uchi-uke (<i>inside-middle-block</i>) → gyaku-zuki |



Karate-do Yushin-juku

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4th Kyu (Purple Belt) Requirements

Eligibility: Minimum 10 class attendances after obtaining the 5th kyu

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)
Step-in: Upper back-fist strike, Middle reverse-punch
- Koshin:** Age-uke → Mae-geri → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Back-leg front-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Uraken-uchi → Chudan gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Back-fist attack, Middle reverse-punch
- Koshin:** Chudan uchi-uke → Uraken-uchi → Chudan gyaku-zuki (*4-times*)
Step-back: Middle inside-block, Back-fist attack, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
- Zenshin:** Mae-geri → Gyaku-zuki (*4-times*)
Step-in: Front-kick, Middle reverse-punch
- Zenshin:** Mawashi-geri → Gyaku-zuki (*4-times*)
Step-in: Roundhouse-kick, Middle reverse-punch
- Zenshin:** Yoko-keage → Gyaku-zuki (*4-times*)
Step-in: Side-snap kick, Middle reverse-punch
- Zenshin:** Yoko-kekomi → Gyaku-zuki (*4-times*)
Step-in: Side-thrust kick, Middle reverse-punch
- Zenshin:** Ushiro-geri (*4-times, Turn & repeat*)
Step-in: Back kick

KATA (*Form*)

Tekki Ni-dan (*"Iron Horse #2"*)

Tekki San-dan (*"Iron Horse #3"*)

KIHON IPPON-KUMITE (*Basic 1-step Sparring*)

Jodan-zuki (*face-punch*)

Mae-geri (*front-kick*)

Yoko-kekomi (*side-thrust kick*)

Mawashi-geri (*roundhouse kick*)

Ushiro-geri (*back kick*)



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3rd Kyu (Brown Belt) Requirements

Eligibility: Minimum 15 class attendances after obtaining the 4th kyu

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan jun-zuki → Gyaku-zuki → Uraken-uchi
Step-in: Step-in face punch, Reverse-punch, Back-fist strike
- Koshin:** Gedan-barai → Gyaku-zuki → Uraken-uchi
Step-back: Down-block, Reverse-punch, Back-fist strike
- Zenshin:** Age-uke → Gedan-barai (same arm) → Gyaku-zuki
Step-in: Rising-block, Down-block, Reverse-punch
- Koshin:** Chudan soto-uke → Chudan uchi-uke (same arm) → Gyaku-zuki
Step-back: Middle outside-block, Middle inside-block, Reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki
Step-in: Middle outside-block, Horse-stance elbow strike, Back-fist strike, Front-stance Reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite → Uchiro-ashi Mae-geri → Kokutsu-dachi shuto-uke
Step-back: Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack, Back-leg front-kick, Back-stance knife-hand block
- Zenshin:** Mae-geri → Yoko-keage (same leg) → Gyaku-zuki
Step-in: Front-kick, Side-snap kick, Reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi (same leg) → Gyaku-zuki
Step-in: Front-kick, Side-thrust kick, Reverse-punch
- Zenshin:** Mae-geri → Mawashi-geri (same leg) → Gyaku-zuki
Step-in: Front-kick, Roundhouse-kick, Reverse-punch
- Zenshin:** Ushiro-geri → Gyaku-zuki
Step-in: Back kick, Reverse-punch

KATA (*Form*)

Jion (*"Compassion and Thoughtfulness"*)

Bassai-dai (*"Breaking Down the Barrier - Large"*)

IPPON KUMITE from the Jiyu-gamae (*Free-style*) Position

- | | | |
|----------------|----------------|-----------------|
| 1. Jodan-zuki | 3. Mae-geri | 5. Mawashi-geri |
| 2. Chudan-zuki | 4. Yoko-kekomi | 6. Uchiro-geri |



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2nd Kyu (Brown Belt) Requirements

Eligibility: Minimum 15 class attendances after obtaining the 3rd kyu

KIHON (*Basics*)

Hidari jiyu-gamae (*Left free-style position*)

- Zenshin:** Jodan jun-zuki → Gyaku-zuki → Kizami mawashi-geri
Step-in: Step-in face punch, Reverse-punch, Front-leg roundhouse kick
- Koshin:** Chudan soto-uke → Gyaku-zuki → Kizami mawashi-geri
Step-back: Middle-outside block, Reverse-punch, Front-leg roundhouse kick
- Zenshin:** Age-uke → Gedan-barai (same arm) → Gyaku-zuki
Step-in: Rising-block, Down-block, Reverse-punch
- Koshin:** Chudan soto-uke → Chudan uchi-uke (same arm) → Gyaku-zuki
Step-back: Middle outside-block, Middle inside-block, Reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki
Step-in: Middle outside-block, Horse-stance elbow strike, Back-fist strike, Front-stance Reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite → Uchiro-ashi Mae-geri → Kokutsu-dachi shuto-uke
Step-back: Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack, Back-leg front-kick, Back-stance knife-hand block
- Zenshin:** Mae-geri → Yoko-keage (same leg) → Gyaku-zuki
Step-in: Front-kick, Side-snap kick, Reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi (same leg) → Gyaku-zuki
Step-in: Front-kick, Side-thrust kick, Reverse-punch
- Zenshin:** Mae-geri → Mawashi-geri (same leg) → Gyaku-zuki
Step-in: Front-kick, Roundhouse-kick, Reverse-punch
- Zenshin:** Ushiro-geri → Gyaku-zuki
Step-in: Back kick, Reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki
(2 sets; Turn & Repeat)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back kick, Middle reverse-punch

KATA (*Form*)

Kanku-dai ("Viewing the Sky (Emptyness)")
Enpi ("Flying Swallow")

IPPON KUMITE from the Jiyu-gamae (Free-style) Position

- | | | |
|----------------|----------------|-----------------|
| 1. Jodan-zuki | 3. Mae-geri | 5. Mawashi-geri |
| 2. Chudan-zuki | 4. Yoko-kekomi | 6. Uchiro-geri |

JIYU KUMITE (Free sparring)



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1st Kyu (Brown Belt) Requirements

Eligibility: Minimum 15 class attendances after obtaining the 2nd kyu

KIHON (*Basics*)

Hidari jiyu-gamae (*Left free-style position*)

- Zenshin:** Jodan jun-zuki → Gyaku-zuki → Kizami mawashi-geri
Step-in: Step-in face punch, Reverse-punch, Front-leg roundhouse kick
- Koshin:** Chudan soto-uke → Gyaku-zuki → Kizami mawashi-geri
Step-back: Middle-outside block, Reverse-punch, Front-leg roundhouse kick
- Zenshin:** Age-uke → Gedan-barai (same arm) → Gyaku-zuki
Step-in: Rising-block, Down-block, Reverse-punch
- Koshin:** Chudan soto-uke → Chudan uchi-uke (same arm) → Gyaku-zuki
Step-back: Middle outside-block, Middle inside-block, Reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki
Step-in: Middle outside-block, Horse-stance elbow strike, Back-fist strike, Front-stance Reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite → Uchiro-ashi Mae-geri → Kokutsu-dachi shuto-uke
Step-back: Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack, Back-leg front-kick, Back-stance knife-hand block
- Zenshin:** Mae-geri → Yoko-keage (same leg) → Gyaku-zuki
Step-in: Front-kick, Side-snap kick, Reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi (same leg) → Gyaku-zuki
Step-in: Front-kick, Side-thrust kick, Reverse-punch
- Zenshin:** Mae-geri → Mawashi-geri (same leg) → Gyaku-zuki
Step-in: Front-kick, Roundhouse-kick, Reverse-punch
- Zenshin:** Ushiro-geri → Gyaku-zuki
Step-in: Back kick, Reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki
(2 sets; Turn & Repeat)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back kick, Middle reverse-punch

KATA (*Form*)

Tokui (one from Kanku-Dai, Bassai-Dai, Jion or Enpi) & *Shitei* (one from Heian 1-5, Tekki 1-3)

IPPON KUMITE from the Jiyu-gamae (Free-style) Position

- | | | |
|----------------|----------------|-----------------|
| 1. Jodan-zuki | 3. Mae-geri | 5. Mawashi-geri |
| 2. Chudan-zuki | 4. Yoko-kekomi | 6. Uchiro-geri |

JIYU KUMITE (Free sparring)

ESSAY (*Due on the test day*)

"Describe the value of the karate training and what you learned so far in the art."



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Shodan (1st degree blackbelt) Requirements

Eligibility: Minimum of 20 class attendances after obtaining a 1st kyu

KIHON (*Basics*)

Hidari jiyu-gamae (*left free-style position*)

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)
Step-in: Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Zenshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)
Step-in: Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)
Step-back: Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki (*Turn & repeat*)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back-kick, Reverse-punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

KATA (*Form*)

Tokui (Free choice: One from **Kanku-dai**, **Bassai-dai**, **Jion**, or **Enpi**)

Shitei (Mandatory: One from **Kanku-dai**, **Bassai-dai**, **Jion**, or **Enpi**)

Bunkai (Explain how specified techniques within the Tokui kata can be applied)

JIYU IPPON-KUMITE (*Free 1-step Sparring*) with *Free-style Stance & Technique*

- Jodan-zuki (*Face punch - either forward punch or reverse punch*)
- Chudan-zuki (*Chest or stomach punch - either forward punch or reverse punch*)
- Jodan-geri (*Head-level kick - front/side/roundhouse/back kick*)
- Chudan-geri (*Chest or stomach-level kick - front/side/roundhouse/back kick*)

JIYU KUMITE (*Free Sparring*)

INSTRUCTIONAL SKILLS

Must be able to lead the warming-up & stretching routine

WRITTEN EXAM (*Due on the test day*)

Read "*Moving Zen - Karate as a Way to Gentleness (C.W. Nicol)*" and write a book report.



Karate-do Yushin-juku

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Nidan (2nd degree blackbelt) Requirements

Eligibility: Minimum of 1 year after obtaining a Shodan

KIHON (*Basics*)

Hidari jiyu-gamae (*left free-style position*)

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)
Step-in: Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Zenshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)
Step-in: Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)
Step-back: Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki (*Turn & repeat*)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back-kick, Reverse-punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

KATA (*Form*)

Tokui (Free choice: Hangetsu or Jitte)

Shitei (Mandatory: Seienchin)

Bunkai (Explain how specified techniques in the Tokui kata and the Shitei kata can be applied)

JIYU IPPON-KUMITE (*Free 1-step Sparring*) from free-style position

- Jodan-zuki (*face-punch*) attacks
- Chudan-zuki (*chest-punch*) attacks
- Jodan-geri (*high-kick*) attacks
- Chudan-geri (*middle-kick*) attacks

JIYU KUMITE (*Free Sparring*)

COMPETITION RULES KNOWLEDGE & REFEREE/JUDGE SKILLS

WRITTEN EXAM

Read "*Bushido - the Soul of Japan (by Inazo Nitobe)*" and write a book report.



Karate-do Yushin-juku

空 手 道 優 心 塾

Sandan (3rd degree blackbelt) Requirements

Eligibility: Minimum of 2 years after obtaining a Nidan

KIHON (*Basics*)

Hidari jiyu-gamae (*left free-style position*)

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)
Step-in: Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Zenshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)
Step-in: Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)
Step-back: Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki (Turn & repeat)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back-kick, Reverse-punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

KATA (*Form*)

Tokui (Free choice: Sochin or Gankaku)

Shitei (Mandatory: Seipai (Goju-ryu))

Bunkai (Explain how specified techniques in the Tokui kata and the Shitei kata can be applied)

JIYU IPPON-KUMITE (*Free 1-step Sparring*) from free-style position

- Jodan-zuki (*face-punch*) attacks
- Chudan-zuki (*chest-punch*) attacks
- Jodan-geri (*high-kick*) attacks
- Chudan-geri (*middle-kick*) attacks

JIYU KUMITE (*Free Sparring*)

COMPETITION RULES KNOWLEDGE & REFEREE/JUDGE SKILLS

WRITTEN EXAM

Read "*The Sword of No Sword (by John Stevens)*" and write a book report.



Karate-do Yushin-juku

空手道優心塾

Yondan (4th degree blackbelt) Requirements

Eligibility: Minimum of 3 years after obtaining a Sandan

KIHON (Basics)

Hidari jiyu-gamae (*left free-style position*)

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)
Step-in: Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Zenshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)
Step-in: Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)
Step-back: Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki (Turn & repeat)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back-kick, Reverse-punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

KATA (Form)

Tokui (Free choice: Bassai-sho or Kanku-sho)

Shitei (Mandatory: Nijushi-ho)

Bunkai (Explain how specified techniques in the Tokui kata and the Shitei kata can be applied)

JIYU IPPON-KUMITE (Free 1-step Sparring) from free-style position

- Jodan-zuki (*face-punch*) attacks
- Chudan-zuki (*chest-punch*) attacks
- Jodan-geri (*high-kick*) attacks
- Chudan-geri (*middle-kick*) attacks

JIYU KUMITE (Free Sparring)

COMPETITION RULES KNOWLEDGE & REFEREE/JUDGE SKILLS

WRITTEN EXAM

Compare the methodologies used in Zen and Budo trainings; describe the purposes of each.



Karate-do Yushin-juku

空 手 道 優 心 塾

Godan (5th degree blackbelt) Requirements

Eligibility: Minimum of 3 years after obtaining a Sandan

KIHON (*Basics*)

Hidari jiyu-gamae (*left free-style position*)

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)
Step-in: Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Zenshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)
Step-in: Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)
Step-back: Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki (*Turn & repeat*)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back-kick, Reverse-punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

KATA (*Form*)

Tokui (Free choice: Gojushiho-sho or Gojushiho-dai)

Shitei (Mandatory: Unsu)

Bunkai (Explain how specified techniques in the Tokui kata and the Shitei kata can be applied)

JIYU IPPON-KUMITE (*Free 1-step Sparring*) from free-style position

- Jodan-zuki (*face-punch*) attacks
- Chudan-zuki (*chest-punch*) attacks
- Jodan-geri (*high-kick*) attacks
- Chudan-geri (*middle-kick*) attacks

JIYU KUMITE (*Free Sparring*)

COMPETITION RULES KNOWLEDGE & REFEREE/JUDGE SKILLS

WRITTEN EXAM

Describe the meaning and the purposes of Karate-do training.