

Junior Orange Belt + Stripe | Kukyu

General Requirements

Objectives

Stand and move with reasonable confidence in basic stances. Execute basic techniques with an observable degree of competency.

Exercises | Kisotairyoku

- 15 Push-ups
- 20 Sit-ups
- 20 Squats

Stances | Dachi

- Open feet stance | Musubi dachi
- Horse stance | Kiba dachi: 90 and 45 degrees

Punches and Strikes | Tsuki, Uchi

- Double parallel strike | Morote tsuki
- Jaw strike | Ago uchi
- Upper cut strike | Shita tsuki
- Elbow strike | Hiji ate: Jodan, chudan

Blocks | Uke

- Middle inside block | Chudan uchi uke
- Middle outside block | Chudan soto uke

Kicks | Keri

- Front kick | Mae geri: Jodan, chudan, gedan
- Front knee kick | Hiza mae geri

Combinations | Ido Geiko

- Instructor choice, in kiba dachi

Forms | Kata

- First Cause/Grand Ultimate 1 | Taikyoku Ichi

Weapons | Kobuto

- Nunchaku | Refinement of basic techniques

Self Defense | Goshin Jutsu

- Wrist techniques 2, 3

Falls and Rolls | Ukemi

- Forward roll, standing if possible
- Break falls: Left, right, straight back

Fighting | Kumite

- 2 Fights

Terminology

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> 1 Ichi | <input type="checkbox"/> 6 Roku |
| <input type="checkbox"/> 2 Ni | <input type="checkbox"/> 7 Shichi/Hichi |
| <input type="checkbox"/> 3 San | <input type="checkbox"/> 8 Hachi |
| <input type="checkbox"/> 4 Yon/Shi | <input type="checkbox"/> 9 Ku |
| <input type="checkbox"/> 5 Go | <input type="checkbox"/> 10 Ju |

Other Requirements

- Correctly answer all quiz questions.

Code of Conduct

- Always show respect. Bow (**rei**) to all senior belts both inside and outside the dojo.
- Ensure your behavior contributes to safe, effective training, development of martial skill, and growth over time for everyone.
- Use intelligence and strength to face challenges. Apply courage (**yu**) to counteract fear.
- Conduct yourself with honor (**meiyo**). Decisions reflect character. Judge only yourself.

Journal

Kyokushin Karate | Junior Quiz 1

Name: _____ Date: _____

Dojo: _____ Age: _____ years

Applicants must answer all questions correctly.

1. What does the word KARATE Mean?

2. What does the word KYOKUSHINKAI Mean?

3. Who was MASUTATSU OYAMA?

7. What did MAS OYAMA do when he was alone in the mountains?

8. Who is your Branch Chief?