

Kukyu | Orange Belt + Stripe

Requirements

Minimum training time since 10th kyu grading: **30 hours**

Must answer all question in the questionnaire correctly.

Primary Objectives: Student should now be standing and moving fairly confidently in the basic stances and should be executing basic techniques with an obvious degree of competency.

In addition to improved previous requirements:

Exercises

15 Push-ups

25 Sit-ups

25 Squats

Strikes

Uraken Sayu Uchi (backfist strike to side)

Shita Tsuki (upper cut punch to body)

Hiji Ate (rising elbow strike) | Jodan, Chudan

Shuto Ganmen Uchi (knife hand strike to head)

Blocks

Chudan Uchi Uke (middle inside block)

Chudan Soto Uke (middle outside block)

Kicks

Uchi Mawashi Geri (inside crescent kick)

Soto Mawashi Geri (outside crescent kick)

Hiza Mae Geri (front knee kick)

Age Kakato Geri (axe kick)

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Stances

Kokutsu Dachi (backward leaning stance)

Musubi Dachi (open feet stance)

Kiba Dachi (riding stance) | 90 and 45 degrees

Ido Geiko

Ido Geiko Ni

- Step 1. Step into Zenkutsu Dachi with Shuto Ganmen Uchi, with front leg step across into Kiba Dachi (90 degrees) and then Uraken Sayu Uchi (front arm) turn with front leg into Zenkutsu Dachi with Chudan Uchi Uke.
- Step 2. Step forward into Kokutsu Dachi, Oi Shita Tsuki, Oi Jodan Hiji ate. Slide front foot into Zenkutsu Dachi, Oi Chudan Soto Uke. Chudan Gyaku Tsuki.
- Step 3. With rear leg. Uchi Mawashi Geri (return leg to rear), then Soto Mawashi Geri (step forward).
Mawatte: Chudan Uchi Uke.

Breathing technique: Nogare Sono Ichi and Sono Ni

Sanbon Kumite

- | | | |
|----------|----------------------|------------------------|
| 1st Step | Attack: Jodan Tsuki | Block: Jodan Uke |
| 2nd Step | Attack: Chudan Tsuki | Block: Chudan Soto Uke |
| 3rd Step | Attack: Gedan Tsuki | Block: Gedan Barai |
- Retaliate: Chudan Gyaku Tsuki

Kata

Taikyoku Ni (grand ultimate form two)

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Weapons

Nunchaku Ichi (joined sticks form one)

Self Defense

Wrist Techniques | 4 Advanced Frontal Grabs

Double Rear Wrist Grab

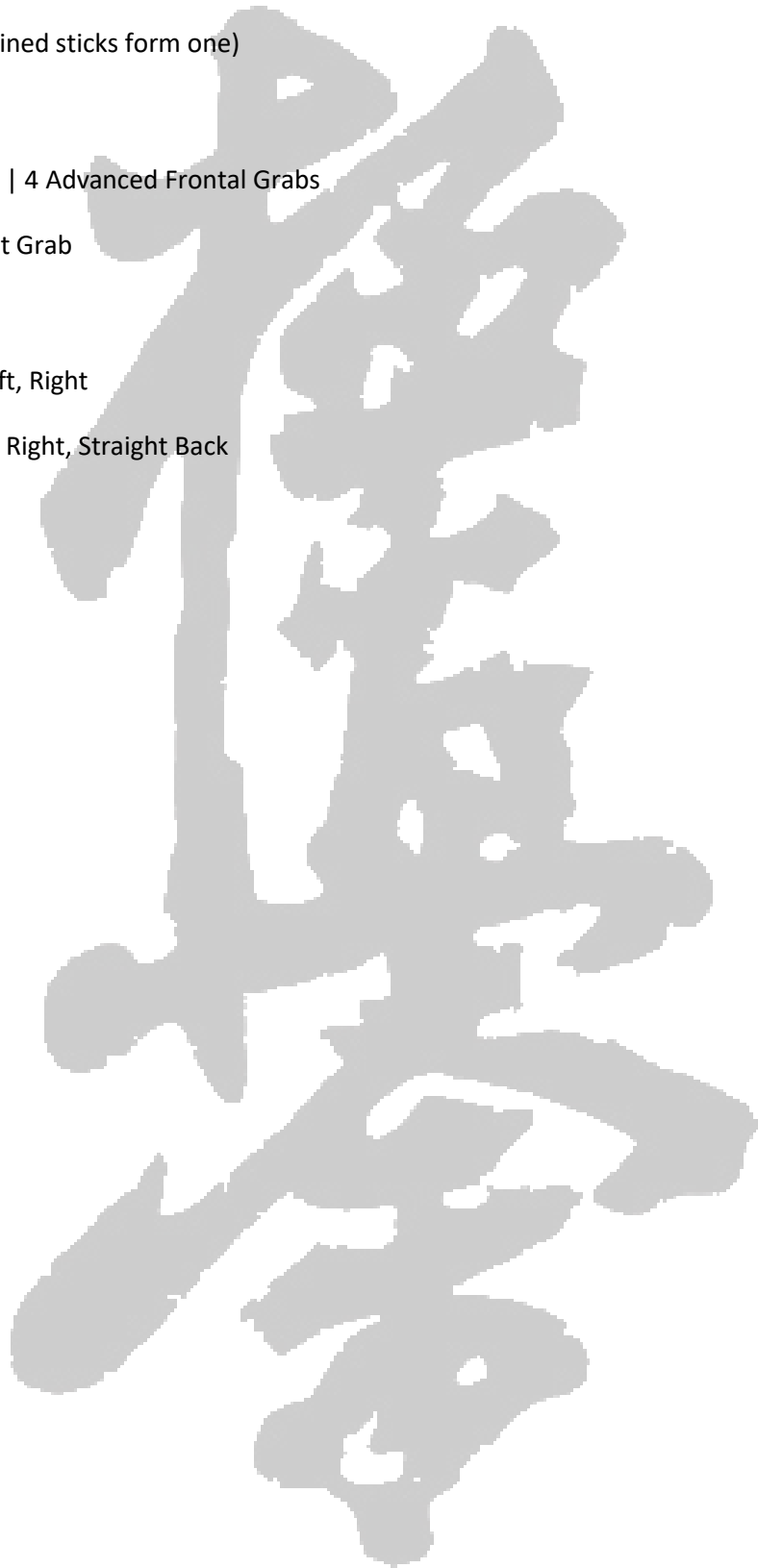
Throws

Forward Roll | Left, Right

Break Falls | Left, Right, Straight Back

Kumite

2 Bare Fist Fights



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Kyokushin Karate 9th Kyu Questionnaire

Name: _____ Age: _____ years

Dojo: _____ Date: / /20

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?
4. When was MAS OYAMA born?
5. What did MAS OYAMA do in 1947?
6. What did MAS OYAMA do in 1950?
7. What did MAS OYAMA do when he was alone in the mountains?
8. Who is your Branch Chief?
9. How many members of Kyokushinkai are there throughout the World?
10. When did MAS OYAMA die?