

# Junior Green Belt + Stripe | Sankyu

## General Requirements

### Objectives

Apply techniques in rapidly changing conditions with improvisation. Quickly and decisively evaluate and use most effective technique in each circumstance with relatively seamless flow throughout. Demonstrate advanced ability to handle conflict and aggression with level mindset and calm decision-making. Serve others unselfishly and seek ways to improve lives of others.

### Exercises | Kisotairyoku

- 55 Push-ups
- 50 Sit-ups
- 50 Squats

### Stances | Dachii

- Crane stance | Tsuru ashi dachi

### Punches and Strikes | Tsuki, Uchi

- Downwards elbow strike | Hiji oroshi uchi
- Circular elbow strike: Upper, middle | Hiji mawashi uchi: Jodan, chudan
- Backwards elbow strike | Ushiro hiji uchi
- Rising elbow strike: Upper, middle | Hiji age uchi: Jodan, chudan
- Front elbow strike | Hiji mae uchi

### Blocks | Uke

- Knife hand cross block | Shuto juji uke: Jodan, gedan

### Kicks | Keri

- Hook kick | Kake geri
- Back roundhouse kick | Ushiro uchi mawashi geri

### Combinations and Motion | Ido Geiko, Renraku

- Instructor choice with increased complexity, multiple stances, standing and in motion

### Forms | Kata

- Safe from Harm/Peaceful Mind 3 | Pinan San

### Weapons | Kobuto

- Nunchaku Yon

## Self Defense | Goshin Jutsu

- Side hair pull
- Roundhouse kick defense

## Rolls and Fall | Ukemi

- All previous techniques with increased adaptability and precision

## Throws | Nage

- Foot sweep | Ashi barai

## Fighting | Kumite

- 8 Fights

## Terminology

- First line of Dojo Oath in Japanese.  
*Hitotsu, wareware wa, shinshin o renmashi, kakko fubatsu no shingi o kiwameru koto.*

## Other Requirements

- An individualized fighting style should be emerging for each student.

## Code of Conduct

- Sosai Oyama Motto 7 | In Martial Arts, introspection begets wisdom. Always see contemplation on your actions as an opportunity to improve.
- Sosai Oyama Motto 8 | The nature and purpose of the Martial Way is universal. All selfish desires should be roasted in the tempering fires of hard training.

## Journal