

Yonkyu | Green Belt

Requirements

Minimum training time since 5th kyu grading: **60 hours**

Primary Objectives: Students must now be able to execute all required techniques to a higher standard. It is no longer a question of whether the student can execute the technique or not; it is how well the technique is executed. Students who have problems with any basic technique will not be permitted to advance to this grade.

This grading is a milestone in the student's career and must not be taken lightly. While age may limit the ability of some to perform the more advanced kicks ALL other aspects of the syllabus MUST be performed to a very high standard.

At this level and higher, your commitment to training and all Kyokushin-related activities will be a significant factor in your advancement.

In addition to improved previous requirements:

Exercises

50 Push-ups

80 Sit-ups

70 Squats

Strikes

Furi Uchi (swinging back fist strike)

Blocks

Shotei Uke (palm heel block) | Jodan, Chudan, Gedan

Shotei Morote Uke (double palm heel block) | Jodan, Gedan

Osai Uke (upside-down forearm block)

Kicks

Ushiro Geri (back kick)

Ushiro Kakato Mawashi Geri (spinning heel kick)

Ushiro Uchi Mawashi Geri (back inside round kick)

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Stances

No New Stances

Ido Geiko

Ido Geiko Shichi

- Step 1. From Zenkutsu Dachi, (with rear leg) Ushiro Geri into Kokutsu Dachi, Oi Osai Uke, Gyaku Furi Uchi.
- Step 2. Rear leg Ushiro Mawashi Kakato Geri into Kokutsu Dachi, Oi Gedan Shotei Uke, Morote Jodan Shotei Uke.
- Step 3. Rear leg Ushiro Uchi Mawashi Geri into Zenkutsu Dachi.
Mawatte: Morote Gedan Shotei Uke.

Kata

Pinan Go (safe from harm form five)

Yantsu (keep pure, three directions form)

Gekisai Dai (conquer and occupy form)

Weapons

Nunchaku San (joined two sticks form three)

Chion Bo (staff kata two)

Escrima (short stick) | 3-Way, Rodondo, 6-Way, 12-Way

Self Defense

Double Front Collar Grab while Pulling

Tough Guy Single and Double Collar Grab

Side Hair Pull

Advanced Headlock

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Throws

Tomoe Nage (circle throw; aka Captain Kirk throw)

Tai Otoshi (body drop throw)

Kumite

8 Bare Fist Fights

