

Jukyu | Orange Belt

Requirements

Minimum training time: **30 hours**

Must be able to tie the belt and fold the Gi properly.

Primary Objectives: Student should have a basic idea of punching, striking, blocking and kicking and these techniques should be used as an exercise in balance and coordination as much as an introduction to karate.

Must be able to perform the following techniques in a competent manner.

Exercises

10 Push-ups

15 Sit-ups

15 Squats

Strikes

Oi Tsuki (same side lunge punch) | Jodan, Chudan, Gedan

Gyaku Tsuki (reverse punch) | Jodan, Chudan, Gedan

Morote Tsuki (double punch) | Jodan, Chudan, Gedan

Hikite (pulling hand or chamber)

Uraken Ganmen Uchi (backfist strike to front)

Ago Uchi (chin strike jab)

Blocks

Jodan Uke (upper block)

Gedan Barai (low sweep block)

Kicks

Hiza Ganmen Geri (upward knee kick)

Kin Geri (groin kick)

Mae Geri (front kick) | Jodan, Chudan, Gedan

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Stances

Fudo Dachi (formal stance)

Zenkutsu Dachi (forward leaning stance)

Sanchin Dachi (three-point stance)

Ido Geiko

Ido Geiko Ichi (performed in Zenkutsu Dachi)

Step 1. Chudan Morote Tsuki, Chudan Gyaku Tsuki, Jodan Oi Tsuki, Gedan Gyaku Tsuki.

Step 2. Oi Jodan Uke, Oi Gedan Barai, Oi Uraken Ganmen Uchi, Chudan Gyaku Tsuki.

Step 3. Hiza Geri (return to rear), Kin Geri (return to rear), Mae Geri (step forward)

Oi Ago Uchi.

Mawatte: Gedan Barai

Kata

Taikyoku Ichi (grand ultimate form one)

Weapons

Nunchaku Basic Techniques (joined two stick)

Self Defense

Wrist Techniques | 5 Basic Frontal Grabs; Left, Right Hand

Chokes | Front, Rear, Side

Throws

Kazushi (8 points of balance)

Kumite

Otagai ni rei (bow to each other) | Kamae (ready) te (current action or position)

1 Bare Fist Fight