

Junior Yellow Belt | Rokukyu

General Requirements

Objectives

Apply basic techniques in broader circumstances. Consistently improve techniques with enhanced power, accuracy, and precision. Begin to develop service mindset and leadership potential.

Exercises | Kisotairyoku

- 30 Push-ups**
- 35 Sit-ups**
- 35 Squats**

Stances | Dachi

- Feet parallel together stance | Heisoku dachi
- Feet parallel apart stance | Heiko dachi

Punches and Strikes | Tsuki, Uchi

- Inside knife hand strike | Shuto uchi uchi
- Knife hand strike to sternum | Shuto sakotsu uchi komi
- Knife hand strike to spleen | Shuto hizo uchi
- Descending back fist strike to face | Uraken oroshi ganmen uchi

Blocks | Uke

- Fist cross block | Seiken juji uke: Jodan, gedan

Kicks | Keri

- Joint kick | Kansetsu geri
- Middle side kick | Chudan yoko geri

Combinations | Ido Geiko

- Instructor choice, in Sanchin dachi

Forms | Kata

- First Cause/Grand Ultimate 1, 2, circular | Taikyoku Ichi, Ni | Ura
- First Cause 1/Grand Ultimate, straight | Taikyoku Ichi | Tate
- Kicking First Cause 1/Grand Ultimate | Sokugi Taikyoku Ichi

Weapons | Kobuto

- Nunchaku | Improved control, technique, and speed.

Self Defense | Goshin Jutsu

- Single and double roundhouse punch
- Front hair grab

Fall and Rolls | Ukemi

- Face fall: Kneeling

Fighting | Kumite

- 5 Fights

Terminology

- Alert awareness; relaxed readiness | **Zanshin**
- No mind; mind like water | **Mushin**
- Immovable force; emotional balance | **Fudoshin**

Other Requirements

- Techniques should show increased accuracy and sharpness.
- Correctly answer all quiz questions.

Code of Conduct

- Sosai Oyama Motto 1 | The Martial Way begins and ends with courtesy. Therefore, be always properly and genuinely courteous.
- Sosai Oyama Motto 2 | Following the Martial Way is like scaling a cliff - continue upwards without rest. It demands absolute and unflattering devotion to the task at hand.

Journal

Kyokushin Karate | Junior Quiz 2

Name: _____ Date: _____

Dojo: _____ Age: _____ years

Applicants must answer all questions correctly. Provide the English meaning of each term.

1. Rei
2. Mokuso
3. Yoi
4. Yame
5. Hajime
6. Kumite
7. Dojo
8. Senpai
9. Sensei
10. Shihan
11. Seiza
12. Kamaete
13. Sanbon
14. Oi
15. Naore

