

# Junior Orange Belt | Jukyu

## General Requirements

### Objectives

Develop basic concepts for punching, striking, blocking, and kicking. Build foundation for balance and coordination. Introduction to Kyokushin karate culture.

### Exercises | Kisotairyoku

- 10 Push-ups
- 15 Sit-ups
- 15 Squats

### Stances | Dachi

- Immovable stance | Fudo dachi
- Forward-leaning stance | Zenkutsu dachi

### Punches and Strikes | Tsuki, Uchi

- Same-side punch: Upper, middle, low | Oi tsuki: Jodan, chudan, gedan
- Opposite-side punch: Upper, middle, low | Gyaku tsuki: Jodan, chudan, gedan
- Counter-balancing elbow | Hikite

### Blocks | Uke

- Upper block | Seiken jodan uchi uke or jodan uke
- Lower block | Gedan barai

### Kicks | Keri

- Knee kick to face | Hiza ganmen geri
- Groin kick | Kin geri

### Combinations | Ido Geiko

- Instructor choice, in zenkutsu dachi

### Forms | Kata

- I-pattern with proper foot placement and turns

### Weapons | Kobuto

- Nunchaku | Basic techniques: Grip, figure 8, guard, catch/chamber

### Self Defense | Goshin Jutsu

- Wrist escapes

- Wrist technique 1, 2

## Falls and Rolls | Ukemi

- Forward roll: Kneeling

## Fighting | Kumite

- 1 Fight

## Terminology

- To persevere past challenges | Osu (conjugate from Chinese characters 'oshi shinobu')
- Greeting, goodbye, yes, no, I understand, excuse me, etc. | Osu
- Right | Migi
- Left | Hidari
- Front | Mae
- Back | Ushiro
- Front wall of dojo | Shomen
- Vertical, lengthwise | Tate
- Stop | Yame
- Bow, show respect | Rei
- Bow to each other, ready position | Otagai ni rei, Kamae te

## Other Requirements

- Must be able to tie belt (**obi**) correctly.
- Must be able to fold uniform (**dogi**) properly.

## Code of Conduct

- Always show respect to instructors and other students, both inside and outside dojo.
- Present yourself in a clean, maintained uniform.
- Be prepared by arriving on time and lining up properly.
- Always follow instructions to ensure safe, proper learning for everyone.
- Regulate your behavior. Never provoke violence.
- Do not teach others karate without express instructor permission.
- Consider others. Ask permission to train with another and communicate concerns.
- Inform instructors if you will miss class.
- Do not interrupt instructors. Respectfully ask questions if you need clarification.

## Journal