

Junior Yellow Belt + Stripe | Gokyu

General Requirements

Objectives

Use basic techniques in changing circumstances. Match greater power, accuracy, and precision with effective decision-making. Further develop service mindset and leadership potential.

Exercises | Kisotairyoku

- 40 Push-ups
- 40 Sit-ups
- 40 Squats

Stances | Dachi

- Cat stance | Neko ashi dachi

Punches and Strikes | Tsuki, Uchi

- Palm heel strike | Shotei uchi: Jodan, chudan, gedan

Blocks | Uke

- Front circle block | Mae mawashi uke

Kicks | Keri

- Upper roundhouse kick: top of foot, ball of foot | Jodan mawashi geri: Haisoku, chusoku
- Inside roundhouse kick | Uchi mawashi geri
- Outside roundhouse kick | Soto mawashi geri

Combinations | Ido Geiko

- Instructor choice, using Heiko dachi

Forms | Kata

- Safe from Harm/Peaceful Mind 1 | Pinan Ichi
- Kicking First Cause/Grand Ultimate 2 | Sokugi Taikyoku Ni

Weapons | Kobuto

- Nunchaku | Continued mastery of previous techniques and kata, with speed

Self Defense | Goshin Jutsu

- Double collar grab
- Rear hair pull

Rolls and Falls | Ukemi

- All previous techniques with speed and control, from different directions and situations

Fighting | Kumite

- 6 Fights

Terminology

- | | |
|---|--|
| <input type="checkbox"/> Competition Shobu | <input type="checkbox"/> Red Aka |
| <input type="checkbox"/> Front Shomen | <input type="checkbox"/> White Shiro |
| <input type="checkbox"/> Center referee Shushin | <input type="checkbox"/> Full point Ippon |
| <input type="checkbox"/> Corner judge Fukushin | <input type="checkbox"/> Half point score Waza-ari |

Other Requirements

- Continued development of physical and emotional fitness.
- Development of strength and style in all techniques.

Code of Conduct

- Sosai Oyama Motto 3 | Strive to seize the initiative in all things, all the time guarding against actions stemming from selfish animosity or thoughtlessness.
- Sosai Oyama Motto 4 | Even for Martial Artists, the place of money cannot be ignored. Yet one should be careful never to become attached to it.

Journal