

Rokukyu | Yellow Belt

Requirements

Minimum training time since 7th kyu grading: **40 hours**

Primary Objectives: It should be obvious at this stage that student is showing higher fitness and developing style and strength of technique. Technique should now be sharp and accurate.

In addition to improved previous requirements:

Exercises

30 Push-ups

60 Sit-ups

50 Squats

Strikes

Nihon Nukite (two finger spear hand strike)

Yohon Nukite (four finger spear hand strike) | Jodan, Chudan

Uraken Oroshi Ganmen Uchi (back fist downward strike)

Blocks

Seiken Juji Uke (fist cross block) | Jodan, Gedan

Kicks

Kansetsu Geri (joint kick)

Chudan Yoko Geri (middle side kick)

Stances

Heisoku Dachi (feet together stance)

Heiko Dachi (parallel stance)

Uchi Hachiji Dachi (inward natural stance)

Ido Geiko

Ido Geiko Go

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Step 1. Step into Zenkutsu Dachi, strike Oi Jodan Nihon Nukite, Gyaku Chudan Yohon Nukite, Oi Uraken Oroshi Ganmen Uchi.

Step 2. Step into Zenkutsu Dachi; block Gedan Seiken Juji Uke, Seiken Jodan Juji Uke.

Step 3. Kansetsu Geri and return leg to the rear, Chudan Yoko Geri and step forward into Zenkutsu Dachi.

Mawatte: Gedan Seiken Juji Uke.

Kata

Pinan Ni (safe from harm from two)

Sokugi Taikyoku San (kicking grand ultimate) | Yoko Geri / Uchi Mawashi Geri / Soto Mawashi Geri

Sokugi Taikyoku Yon (kicking grand ultimate) | Yoko Geri / Jodan Mawashi Geri / Ushiro Mawashi Geri

Weapons

Nunchaku San (joined two stick form three)

Escrima Basic Techniques | Previous plus 6-Way, 12 Point Strikes

Bo Basic Techniques (staff)

Self Defense

Double Collar Grab

Double Collar Grab - Pushing

Rear Hair Pull

Full Nelson

Rear Double Arm Bar (chicken wings)

Throws

O Soto Gari (outer reaping throw)

Uchi Gari (inner reaping throw)

Kumite

5 Bare Fist Fights

Kyokushin Karate 6th Kyu Questionnaire

Name: _____ Age: _____ years

Dojo: _____ Date: / /20

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. Sempai
9. Sensei
10. Shihan
11. Seiza
12. Kamaete
13. Sanbon
14. Oi
15. Naore