

# Junior Green Belt | Yonkyu

## General Requirements

### Objectives

Use techniques in rapidly changing conditions. Improve ability to quickly evaluate and apply most effective technique in each circumstance. Demonstrate some ability to handle conflict and aggression with level mindset and calm decision-making. Serve others unselfishly.

Note: While age may limit the ability of some to perform more advanced techniques, all other aspects of the syllabus must be performed to a high standard hereafter.

### Exercises | Kisotairyoku

- 50 Push-ups
- 45 Sit-ups
- 45 Squats

### Stances | Dachii

- Toe inward natural stance | Uchi hachiji dachi
- Toe outward natural stance | Soto hachiji dachi

### Punches and Strikes | Tsuki, Uchi

- Inside sword peak hand | Toho uchi: Jodan

### Blocks | Uke

- Palm hand block, single: Upper, middle, lower | Shotei uke: Jodan, chudan, gedan
- Palm hand block, double: Upper, lower | Shotei morote uke: Jodan, gedan
- Push down block | Osai uke

### Kicks | Keri

- Back kick | Ushiro geri
- Back heel kick, spinning circle | Ushiro kakato mawashi geri

### Combinations and Motion | Ido Geiko, Renraku

- Instructor choice, multiple stances, standing and in motion

### Forms | Kata

- Safe from Harm/Peaceful Mind 2 | Pinan Ni
- Kicking First Cause/Grand Ultimate 3 | Sokugi Taikyoku San

## Weapons | Kobuto

- Nunchaku San

## Self Defense | Goshin Jutsu

- Hand on shoulder: Front, behind, opposite hand
- Collar grab and punch

## Rolls and Falls | Ukemi

- Continued mastery of previous techniques.

## Throws | Nage

- 8 points of balance | Kuzushi

## Fighting | Kumite

- 7 Fights

## Terminology

- Can recognize individual word meanings in multi-word techniques and expressions.

## Other Requirements

- All basic techniques must be mastered by this stage.
- Your commitment to all aspects of Kyokushin and the dojo will be considered.

## Code of Conduct

- Sosai Oyama Motto 5 | The Martial Way is centered on posture. Strive to always maintain correct posture.
- Sosai Oyama Motto 6 | The Martial Way begins with one thousand days and is mastered after ten thousand days of training.

## Journal