

# Kukyu | Orange Belt + Stripe

## General Requirements

Minimum training time since 10<sup>th</sup> kyu grading: **30 hours**

### Objectives:

Student should now be standing and moving fairly confidently in basic stances and should execute basic techniques with an obvious degree of competency.

### Exercises | Undou

- 25 Push-ups**
- 25 Sit-ups**
- 25 Squats**

### Stances | Dachi

- Backward leaning stance | Kokutsu Dachi
- Open feet stance | Musubi Dachi
- Riding stance | Kiba Dachi | 90 and 45 degrees

### Punches and Strikes | Tsuki, Uchi

- Backfist strike to side | Uraken Sayu Uchi
- Upper cut punch to body | Shita Tsuki
- Rising elbow strike | Hiji Ate | Jodan, Chudan
- Knife hand strike to head | Shuto Ganmen Uchi

### Blocks | Uke

- Middle inside block | Chudan Uchi Uke
- Middle outside block | Chudan Soto Uke

### Kicks | Keri

- Inside crescent kick | Uchi Mawashi Geri
- Outside crescent kick | Soto Mawashi Geri
- Front knee kick | Hiza Mae Geri
- Axe kick | Age Kakato Geri

### Combinations | Ido Geiko

- Instructor Choice, both stances and techniques

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## Three step sparring | Sanbon Kumite

- Instructor choice, both stances and techniques

## Forms | Kata

- Kicking Grand Ultimate 1 | Sokugi Taikyoku Ichi | Kansetsu Geri / Mae Geri
- Kicking Grand Ultimate 2 | Sokugi Taikyoku Ni | Jodan Yoko Geri / Mae Keage
- Grand Ultimate 1, 2, 3 | Circular, Straight | Taikyoku Ichi, Ni, San | Ura, Tate

## Weapons | Kobuto

- Joined Sticks 1 | Nunchaku Ichi

## Self Defense | Goshin Jutsu

- Wrist Techniques | 4 Advanced Frontal Grabs
- Double Rear Wrist Grab

## Throws | Nage

- Forward Roll | Left, Right
- Break Falls | Left, Right, Straight Back

## Fighting | Kumite

- 5 Bare Fist Fights

## Terminology

- |   |  |
|---|--|
| <input type="checkbox"/> One   Ichi     | <input type="checkbox"/> Six   Roku                |
| <input type="checkbox"/> Two   Ni       | <input type="checkbox"/> Seven   Shichi/Nana/Hichi |
| <input type="checkbox"/> Three   San    | <input type="checkbox"/> Eight   Hachi             |
| <input type="checkbox"/> Four   Yon/Shi | <input type="checkbox"/> Nine   Ku/Kyu             |
| <input type="checkbox"/> Five   Go      | <input type="checkbox"/> Ten   Ju                  |

## Other Requirements

- Breathing technique: Nogare Sono Ichi and Sono Ni
- Must answer all questions in the questionnaire correctly.

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## Code of Conduct

### 11 Mottos of Sosai Oyama

- The Martial Way begins and ends with courtesy. Therefore be properly and genuinely courteous at all times.
- Following the Martial Way is like scaling a cliff - continue upwards without rest. It demands absolute and unflattering devotion to the task at hand.
- Strive to seize the initiative in all things, all the time guarding against actions stemming from selfish animosity or thoughtlessness.
- Even for Martial Artists, the place of money cannot be ignored. Yet one should be careful never to become attached to it.
- The Martial Way is centered on posture. Strive to maintain correct posture at all times.
- The Martial Way begins with one thousand days and is mastered after ten thousand days of training.
- In Martial Arts, introspection begets wisdom. Always see contemplation on your actions as an opportunity to improve.
- The nature and purpose of the Martial Way is universal. All selfish desires should be roasted in the tempering fires of hard training.
- Martial Arts begin with a point and end in a circle. Straight lines stem from this principal.
- The true essence of the Martial Way can only be realized through experience. Knowing this, learn never to fear its demand.
- Always remember; in the Martial Arts, the rewards of a confident and grateful heart are truly abundant.

## Journal

At a minimum, reflect on:

1. What has gone well
2. What has not gone well
3. What you need to do to improve

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## Kyokushin Karate 9<sup>th</sup> Kyu Questionnaire

Name: \_\_\_\_\_ Age: \_\_\_\_\_ years

Dojo: \_\_\_\_\_ Date: / /

Applicants must answer all questions correctly.

1. What does the word KARATE Mean?
2. What does the word KYOKUSHINKAI Mean?
3. Who was MASUTATSU OYAMA?
4. When was MAS OYAMA born?
5. What did MAS OYAMA do in 1947?
6. What did MAS OYAMA do in 1950?
7. What did MAS OYAMA do when he was alone in the mountains?
8. Who is your Branch Chief?
9. How many members of Kyokushinkai are there throughout the World?
10. When did MAS OYAMA die?