

Gokyu | Yellow Belt + Stripe

General Requirements

Minimum training time since 6th kyu grading: **40 hours**

Objectives:

It should be obvious at this stage that student is showing higher fitness and developing style and strength of technique.

Exercises | Undou

- 45 Push-ups**
- 45 Sit-ups**
- 45 Squats**

Stances | Dachi

- Crane stance | Tsuru Ashi Dachi

Punches and Strikes | Tsuki, Uchi

- Palm heel strike | Shotei Uchi | Jodan, Chudan, Gedan
- Downwards elbow strike | Hiji Oroshi Uchi
- Circular elbow strike | Hiji Mawashi Uchi | Jodan, Chudan
- Backwards elbow strike | Ushiro Hiji Uchi
- Rising elbow strike | Hiji Age Uchi | Jodan, Chudan
- Ascending front elbow strike | Hiji Mae Uchi

Blocks | Uke

- Fist upper inside block | Seiken Jodan Uchi Uke
- Open palm front circle block | Mae Mawashi Uke

Kicks | Keri

- Upper round kick | Jodan Mawashi Geri | Chusoku, Haisoku

Combinations | Ido Geiko

- Instructor choice, both stances and techniques

Fighting Combinations | Kumite Renraku

- Instructor choice, both stances and techniques

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Forms | Kata

- Safe from Harm/Peaceful Mind 4 | Pinan Yon
- Keep Pure/Safe Three | Yantsu

Weapons | Kobudo

- Staff Basic Techniques | Bo
- Staff Form One | Bo Ichi

Self Defense | Goshin Jutsu

- Hand on Shoulder | Front, Behind, Opposite Hand
- Collar Grab and Punch
- Over-Arm Side Bear Hug (not attempted)
- Cross Collar Grab

Throws | Nage

- Back carry throw | Moroto Seoi Nage
- Floating hip throw | Uki Goshi

Fighting | Kumite

- 9 Bare Fist Fights

Terminology

- Improved competency and usage of Japanese terms.

Other Requirements

- Technique should now be sharp and accurate.

Code of Conduct

Dojo Kun Lines 1 and 2 in Japanese

- We will train our hearts and bodies, for a firm unshaking spirit.

Hitotsu, wareware wa, shinshin o renmashi, kakko fubatsu no shingi o kiwameru koto.

- We will pursue the true meaning of the Martial Way, so that in time our senses may be alert

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Hitotsu, wareware wa, bu no shinzui o kiwame, ki ni hasshi, kan ni bin naru koto.

Journal



Central Kyokushin Karate