

Yonkyu | Green Belt

General Requirements

Minimum training time since 5th kyu grading: **60 hours**

Objectives:

This grading is a milestone in the student's career and must not be taken lightly. At this level and higher, your commitment to training and all Kyokushin-related activities will be a significant factor in your advancement.

Exercises | Undou

- 50 Push-ups**
- 50 Sit-ups**
- 50 Squats**

Stances | Dachi

- No New Stances

Punches and Strikes | Tsuki, Uchi

- Swinging back fist strike | Furi Uchi

Blocks | Uke

- Palm heel block | Shotei Uke | Jodan, Chudan, Gedan
- Double palm heel block | Shotei Morote Uke | Jodan, Gedan
- Upside-down forearm block | Osai Uke

Kicks | Keri

- Back kick | Ushiro Geri
- Spinning heel kick | Ushiro Kakato Mawashi Geri
- Back inside round kick | Ushiro Uchi Mawashi Geri

Combinations | Ido Geiko

- Instructor choice, both stances and techniques

Forms | Kata

- Safe from Harm/Peaceful Mind 5 | Pinan Go
- Major Conquer and Occupy | Gekisai Dai

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Weapons | Kobudo

- Staff Form 2 | Chion Bo
- Joined Sticks Forms 1-4 | Nunchaku Ichi-Yon | Ura, Tate

Self Defense | Goshin Jutsu

- Double Front Collar Grab while Pulling
- Tough Guy Single and Double Collar Grab
- Side Hair Pull
- Advanced Headlock

Throws| Nage

- Circle/Captain Kirk Throw | Tomoe Nage
- Body drop throw | Tai Otoshi

Fighting | Kumite

- 10 Bare Fist Fights

Terminology

- No new terms

Other Requirements

- Students must now be able to execute all required techniques to a higher standard.
- It is no longer a question of whether the student can execute the technique or not; it is how well the technique is executed.
- Students who have problems with any basic technique will not be permitted to advance to this grade.
- While age may limit the ability of some to perform the more advanced kicks ALL other aspects of the syllabus MUST be performed to a very high standard.

Code of Conduct

Dojo Kun Lines 3 and 4 in Japanese

- With true vigor, we will seek to cultivate a spirit of self-denial.

Hitotsu, wareware wa, shitsujitsu gōken o motte, kokki no seishin o kanyo suru koto

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- We will observe the rules of courtesy, respect our superiors, and refrain from violence.

Hitotsu, wareware wa, reishetsu o omonji, chōjō o keishi sobō no furumai o tsutsushimu koto

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