

Rokukyu | Yellow Belt

General Requirements

Minimum training time since 7th 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. Technique should now be sharp and accurate.

Exercises | Undou

- 40 Push-ups**
- 40 Sit-ups**
- 40 Squats**

Stances | Dachi

- Feet together stance | Heisoku Dachi
- Parallel stance | Heiko Dachi
- Inward natural stance | Uchi Hachiji Dachi

Punches and Strikes | Tsuki, Uchi

- Two finger spear hand strike | Nihon Nukite
- Four finger spear hand strike | Yohon Nukite | Jodan, Chudan
- Backfist downward strike | Uraken Oroshi Ganmen Uchi

Blocks | Uke

- Fist cross block | Seiken Juji Uke | Jodan, Gedan

Kicks | Keri

- Joint kick | Kansetsu Geri
- Middle side kick | Chudan Yoko Geri

Combinations | Ido Geiko

- Instructor choice, both stances and techniques

Forms | Kata

- Safe from Harm/Peaceful Mind 2 | Pinan Ni
- Safe from Harm/Peaceful Mind 3 | Pinan San

Rokukyu | Yellow Belt

Weapons | Kobudo

- Escrima | 3-Way, Rodondo
- Escrima | 6-Way, 12 Point Strikes

Self Defense | Goshin Jutsu

- Double Collar Grab
- Double Collar Grab - Pushing
- Rear Hair Pull
- Full Nelson
- Rear Double Arm Bar (chicken wings)

Throws | Nage

- Outer reaping throw | Soto Gari
- Inner reaping throw | Uchi Gari

Fighting | Kumite

- 8 Bare Fist Fights

Terminology

- Competition | Shobu
- Head referee | Sushin
- Corner judge | Fukoshin
- Red | Aka
- Blue | Shiro
- Start | Hajime
- Stop | Yame
- Continue fight | Zokko
- Foul | Kogeki
- Foul to face, groin | Ganmen kogeki, Kinteki kogeki
- Grabbing | Tsukami
- Holding/Clinching | Kekaekomi
- Headbutt | Zutsuki
- Pushing | Oshi

Other Requirements

- Must answer all questions in the questionnaire correctly.

Rokukyu | Yellow Belt

Code of Conduct

3 States of Mind

- ❑ Alert awareness | **Zanshin** | Translated literally, zanshin mean 'remaining mind'. It also refers to posture before, during, and after taking an action. Essentially, zanshin is a state of mind where a person is totally aware, with relaxed alertness of one's surroundings and potential threats that allows seamless reaction to changing conditions.
- ❑ No mind | **Mushin** | Translated as 'mind without mind' or 'no-mindedness', mushin is a state of mind where all fear, anxiety, ego, and other emotions that cloud your judgment or restrict your actions are absent. Mushin is a state of unfiltered being, a total immersion in the present moment that allows one to act without thought or emotion, a state of complete openness where all possibilities exist. Mushin is difficult to describe, because the more one attempts to do so, the further away from mushin one becomes.
- ❑ Emotional balance | **Fudoshin** | Referred to as 'immovable mind', fudoshin is a mental state where one achieves peaceful, complete determination and unwavering will. Used as an antidote to anger, doubt, fear or hesitation, fudoshin is the mental fuel many martial artists and athletes use to overcome every obstacle with courage and an implacable will to succeed. Achieving fudoshin can feel like you are invincible and cannot lose.

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

Rokukyu | Yellow Belt

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