Jukyu | Orange Belt

General Requirements

Minimum training time: **30 hours**

Objectives:

Student should have a basic idea of punching, striking, blocking and kicking and these techniques should be used as an exercise in balance and coordination as much as an introduction to karate.

Must be able to perform the following techniques in a competent manner.

Exercises | Undō

- ☐ **20 Push-ups**
- ☐ **20 Sit-ups**
- ☐ **20 Squats**

Stances | Dachi

- ☐ Immoveable stance | Fudo Dachi
- ☐ Forward leaning stance | Zenkutsu Dachi
- ☐ Three-point stance | Sanchin Dachi (three-point stance)

Punches and Strikes | Tsuki, Uchi

- ☐ Same side lunge punch | Oi Tsuki | Jodan, Chudan, Gedan
- ☐ Reverse punch | Gyaku Tsuki | Jodan, Chudan, Gedan
- ☐ Double punch | Morote Tsuki | Jodan, Chudan, Gedan
- ☐ Chamber or pulling hand | Hikite
- ☐ Backfist strike to front | Uraken Ganmen Uchi
- ☐ Chin strike jab | Ago Uchi

Blocks | Uke

- ☐ Upper block | Jodan Uke
- ☐ Low sweep block | Gedan Barai

Kicks | Keri

- ☐ Upward knee kick | Hiza Ganmen Geri
- ☐ Groin kick | Kin Geri
- ☐ Front kick | Mae Geri | Jodan, Chudan, Gedan

Combinations | Ido Geiko

- ☐ Instructor choice, both stances and techniques

Central Kyokushin Karate

Jukyu | Orange Belt

Forms | Kata

- ☐ Grand Ultimate 1 | Taikyoku Ichi
- ☐ Grand Ultimate 2 | Taikyoku Ni
- ☐ Grand Ultimate 3 | Taikyoku San

Weapons | Kobuto

- ☐ Nunchaku Basic Techniques (joined two stick)

Self Defense | Goshin Jutsu

- ☐ Wrist Techniques | 5 Basic Frontal Grabs; Left, Right Hand
- ☐ Chokes | Front, Rear, Side

Throws | Nage

- ☐ Kazushi (8 points of balance)

Fighting | Kumite

- ☐ 4 Bare Fist Fights

Terminology

- ☐ Greeting, goodbye, yes, no, I understand, excuse me, etc. | Osu
- ☐ Bow, show respect | Rei
- ☐ Bow to each other | Otagai ni rei
- ☐ Ready position | Kamae te
- ☐ Right | Migi
- ☐ Left | Hidari
- ☐ Front | Mae
- ☐ Back | Ushiro
- ☐ Front wall of dojo | Shomen
- ☐ Vertical, lengthwise | Tatte
- ☐ Start | Hajime
- ☐ Stop | Yame

Other Requirements

- ☐ Must be able to tie the belt (**obi)** and fold the uniform (**dogi**) properly.

Code of Conduct

Be respectful

- ☐ Bow as you enter and leave the dojo.
- ☐ Do not wear shoes in the training area.

Central Kyokushin Karate

Jukyu | Orange Belt

- ☐ Pay close attention when instructors are speaking.
- ☐ Ask for instructor permission before entering or leaving the training area.
- ☐ Bow before and after working with someone.
- ☐ Do not argue or talk excessively during training.

Be prepared to train
- ☐ Arrive on time.
- ☐ Maintain a clean and organized training space.
- ☐ Remove all jewelry and piercings before class.
- ☐ Line up properly by rank and experience.

Regulate your behavior
- ☐ Immediately obey all instructor commands.
- ☐ Stay alert and focused during instruction and training.
- ☐ Do not teach others karate without instructor permission.
- ☐ Never provoke violence or be provoked outside the dojo.
- ☐ Always be aware of your surroundings and act accordingly.
- ☐ Defend yourself at all times.

Consider the needs of others
- ☐ Always treat others with dignity and respect their diverse viewpoints, backgrounds, and lived experiences.
- ☐ Never use rank or status to unduly influence or manipulate others.
- ☐ Ask permission to work with or touch someone prior to doing so.
- ☐ Do not solicit, suggest, advance, use innuendo, inappropriately touch, or in any way sexually harass others.
- ☐ Do not train if experiencing transmissible illness.
- ☐ Inform partners of existing injuries prior to training with them.
- ☐ Advise partners to properly regulate training intensity.

Present yourself in a clean, professional manner
- ☐ Consistently clean and maintain your uniform and equipment.
- ☐ Keep fingernails and toenails properly groomed.
- ☐ Never train under the influence of alcohol or illicit drugs.

Communicate effectively
- ☐ Notify instructors if you will miss class.
- ☐ Politely ask for clarification and seek insight as needed.
- ☐ Avoid all forms of verbal or behavioral rudeness or disrespect.

Central Kyokushin Karate

Jukyu | Orange Belt

- ☐ Do not use profanity or vulgar language.
- ☐ Inform instructors of any grievous violations of conduct codes.

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

Central Kyokushin Karate