

Sankyu | Green Belt + Stripe

Requirements

Minimum training time since 4th kyu grading: **60 hours**

Objectives:

At this level student should be working much more on the physical level and form

Exercises | Undou

- 55 Push-ups**
- 55 Sit-ups**
- 55 Squats**

Stances | Dachi

- Hooked stance | Kake Dachi

Punches and Strikes | Tsuki, Uchi

- No New Strikes

Blocks | Uke

- Open hand cross block | Shuto Juji Uke | Jodan, Gedan

Kicks | Keri

- Downward inside heel kick | Uchi Oroshi Kakato Geri
- Downward outside heel kick | Soto Oroshi Kakato Geri
- Hook kick | Kake Geri

Combinations | Ido Geiko

- Instructor Choice, both stances and techniques

Forms | Kata

- Fortune and Luck/Punching form | Tsuki No Kata
- Three Battles | Sanchin

Weapons | Kobudo

- Staff Form 3 | Tokamine No Kun Bo

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Self Defense | Goshin Jutsu

- Mugger Hold with Arm Bar
- Roundhouse Kick Defense
- Basic Jiu-jitsu | Takedowns, Escapes, Mount, Guard
- Jiu-jitsu Arm Bars (3 Basic)

Throws | Nage

- Sweeping hip throw | Harai Goshi
- Scroll throw | Soto Makikomi

Fighting | Kumite

- 10 Bare Fist Fights

Terminology

- No new terms

Other Requirements

- Student's fighting style should be technically correct.

Code of Conduct

Dojo Kun Lines 5, 6, and 7

- We will follow our spiritual principles, and never forget the true virtue of humility.

Hitotsu, wareware wa, shinbutsu o tōtobi, kenjō no bitoku o wasurezaru koto

- We will look upwards to wisdom and strength, not seeking other desires.

Hitotsu, wareware wa, chisei to tairyoku to o kōjō sase, koto ni nozonde ayamatazaru koto

- All our lives, through the discipline of Karate, we will seek to fulfill the true meaning of the Kyokushin Way.

Hitotsu, wareware wa, shōgai no shūgyō o karate no michi ni tsūji, Kyokushin no michi o mattō suru koto

Journal