



Karate-do Yushin-juku

空手道優心塾

1st Kyu (Brown Belt) Requirements

Eligibility: Minimum 15 class attendances after obtaining the 2nd kyu

KIHON (Basics)

Hidari jiyu-gamae (*Left free-style position*)

- Zenshin:** Jodan jun-zuki → Gyaku-zuki → Kizami mawashi-geri
Step-in: Step-in face punch, Reverse-punch, Front-leg roundhouse kick
- Koshin:** Chudan soto-uke → Gyaku-zuki → Kizami mawashi-geri
Step-back: Middle-outside block, Reverse-punch, Front-leg roundhouse kick
- Zenshin:** Age-uke → Gedan-barai (same arm) → Gyaku-zuki
Step-in: Rising-block, Down-block, Reverse-punch
- Koshin:** Chudan soto-uke → Chudan uchi-uke (same arm) → Gyaku-zuki
Step-back: Middle outside-block, Middle inside-block, Reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki
Step-in: Middle outside-block, Horse-stance elbow strike, Back-fist strike, Front-stance Reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite → Uchiro-ashi Mae-geri → Kokutsu-dachi shuto-uke
Step-back: Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack, Back-leg front-kick, Back-stance knife-hand block
- Zenshin:** Mae-geri → Yoko-keage (same leg) → Gyaku-zuki
Step-in: Front-kick, Side-snap kick, Reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi (same leg) → Gyaku-zuki
Step-in: Front-kick, Side-thrust kick, Reverse-punch
- Zenshin:** Mae-geri → Mawashi-geri (same leg) → Gyaku-zuki
Step-in: Front-kick, Roundhouse-kick, Reverse-punch
- Zenshin:** Ushiro-geri → Gyaku-zuki
Step-in: Back kick, Reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki
(2 sets; Turn & Repeat)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back kick, Middle reverse-punch

KATA (Form)

Tokui (one from Kanku-Dai, Bassai-Dai, Jion or Enpi) & *Shitei* (one from Heian 1-5, Tekki 1-3)

IPPON KUMITE from the Jiyu-gamae (Free-style) Position

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|----------------|----------------|-----------------|
| 1. Jodan-zuki | 3. Mae-geri | 5. Mawashi-geri |
| 2. Chudan-zuki | 4. Yoko-kekomi | 6. Uchiro-geri |

JIYU KUMITE (Free sparring)

ESSAY (Due on the test day)

"Describe the value of the karate training and what you learned so far in the art."