



# **Karate-do Yushin-juku**

空 手 道 優 心 塾

## **10th Kyu (Yellow Belt) Requirements**

**Eligibility:** Minimum 6 class attendances after starting karate

### **KIHON (Basics)**

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

1. **Zenshin:** Jodan jun-zuki (*4-times, turn*)  
*Step-in:* Upper forward-punch
2. **Zenshin:** Chudan jun-zuki (*4-times, turn*)  
*Step-in:* Middle forward-punch
3. **Zenshin:** Age-uke (*4-times, turn*)  
*Step-in:* Rising-block
4. **Zenshin:** Chudan soto-uke (*4-times, turn*)  
*Step-in:* Middle outside-block
5. **Zenshin:** Gedan-barai (*4-times, turn*)  
*Step-in:* Down-block
6. **Zenshin:** Chudan mae-geri (*4-times, turn*)  
*Step-in:* Middle front-kick

### **KATA (Form)**

Taikyoku Shodan ("*the Ultimate First-step*")

### **Count 1 through 10 in Japanese**

1	<i>Ichi</i>	6	<i>Roku</i>
2	<i>Ni</i>	7	<i>Hichi/Nana</i>
3	<i>San</i>	8	<i>Hachi</i>
4	<i>Shi/Yon</i>	9	<i>Kyu</i>
5	<i>Go</i>	10	<i>Jyu</i>