



# 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*)

- Zenshin:** Jodan jun-zuki (*4-times*)  
*Step-in:* Upper forward-punch (*Turn*)
- Zenshin:** Chudan jun-zuki (*4-times*)  
*Step-in:* Middle forward-punch (*Turn*)
- Zenshin:** Age-uke (*4-times*)  
*Step-in:* Rising-block (*Turn*)
- Zenshin:** Chudan soto-uke (*4-times*)  
*Step-in:* Middle outside-block (*Turn*)
- Zenshin:** Gedan-barai (*4-times*)  
*Step-in:* Down-block (*Turn*)
- Zenshin:** Chudan mae-geri (*4-times*)  
*Step-in:* Middle front-kick (*Turn*)

### 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>



# Karate-do Yushin-juku

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## 9th Kyu (Orange Belt) Requirements

*Eligibility: Minimum 8 class attendances after obtaining the 10th kyu (Yellow Belt)*

### KIHON (*Basics*)

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

- Zenshin:** Jodan jun-zuki (*4-times*)  
*Step-in:* Upper forward-punch
- Koshin:** Age-uke (*4-times*)  
*Step back:* Rising-block
- Zenshin:** Chudan jun-zuki (*4-times*)  
*Step-in:* Middle forward-punch
- Koshin:** Chudan soto-uke (*4-times*)  
*Step back:* Middle outside-block
- Zenshin:** Mae-geri (*4-times*)  
*Step-in:* Middle front-kick
- Koshin:** Gedan-barai (*4-times*)  
*Step back:* Down-block
- Zenshin:** Kokutsu-dachi shuto-uke (*4-times*)  
*Step in:* Back-stance knife-hand-block
- Koshin:** Kokutsu-dachi shuto-uke (*4-times*)  
*Step back:* Back-stance knife-hand-block

### KATA (*Form*)

Heian Sho-dan ("*Peace-and-Tranquility #1*")

### YON-HON KUMITE (*4-step Sparring*)

**Jodan-zuki** (*face punch*) vs. **Age-uke** (*rising-block*)

**Chudan-zuki** (*chest punch*) vs. **Soto-uke** (*outside-middle-block*)



# Karate-do Yushin-juku

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## 8th Kyu (Red Belt) Requirements

*Eligibility: Minimum 8 class attendances after obtaining the 9th kyu (Orange Belt)*

### KIHON (*Basics*)

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

- Zenshin:** Jodan jun-zuki (*4-times*)  
*Step-in:* Upper forward-punch
- Koshin:** Age-uke (*4-times*)  
*Step-back:* Rising-block
- Zenshin:** Chudan soto-uke (*4-times*)  
*Step-in:* Middle outside-block
- Koshin:** Chudan uchi-uke (*4-times*)  
*Step-back:* Middle inside-block
- Zenshin:** Gedan-barai (*4-times*)  
*Step-in:* Down-block
- Koshin:** Kokutsu-dachi shuto-uke (*4-times*)  
*Step-back:* Back-stance knife-hand block
- Zenshin:** Chudan Mae-geri (*4-times, Turn*)  
*Step-in:* Middle front-kick
- Zenshin:** Jodan Mae-geri (*4-times, Turn*)  
*Step-in:* Upper front-kick

Migi kiba-dachi (*Right horse-stance*)

- Zenshin:** Yoko-keage (*4-times, Turn & repeat*)  
*Step-in:* Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times, Turn & repeat*)  
*Step-in:* Side-thrust kick

### KATA (*Form*)

Heian Ni-dan ("*Peace-and-Tranquility #2*")

### YON-HON KUMITE (*4-step Sparring*)

- |                                    |     |  |
|------------------------------------|-----|--|
| Jodan-zuki ( <i>face-punch</i> )   | vs. | Age-uke ( <i>rising-block</i> )          |
| Chudan-zuki ( <i>chest-punch</i> ) | vs. | Soto-uke ( <i>outside-middle-block</i> ) |
| Mae-geri ( <i>font-kick</i> )      | vs. | Gedan-barai ( <i>down-block</i> )        |



# Karate-do Yushin-juku

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## 7th Kyu (Blue Belt) Requirements

*Eligibility: Minimum 10 class attendances after obtaining the 8th kyu (Red Belt)*

### KIHON (*Basics*)

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

- Zenshin:** Jodan jun-zuki → Chudan ren-zuki (*4-times*)  
*Step-in:* Upper forward-punch, Double chest-punches
- Koshin:** Age-uke → Chudan ren-zuki (*4-times*)  
*Step-back:* Rising-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Chudan ren-zuki (*4-times*)  
*Step-in:* Middle outside-block, Double chest-punches
- Koshin:** Chudan uchi-uke → Chudan ren-zuki (*4-times*)  
*Step-back:* Middle inside-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow strike
- Koshin:** Kokutsu-dachi shuto-uke → Nukite (*4-times*)  
*Step-back:* Back-stance knife-hand block, Front-stance spear-hand attack
- Zenshin:** Chu-dan mae-geri → Jodan mae-geri (*2-sets, Turn & repeat*)  
*Step-in:* Middle front-kick & Upper front-kick combination

Migi kiba-dachi (*Right horse-stance*)

- Zenshin:** Yoko-keage (*4-times, Turn & repeat*)  
*Step-in:* Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times, Turn & repeat*)  
*Step-in:* Side-thrust kick

### KATA (*Form*)

Heian San-dan ("*Peace-and-Tranquility #3*")

### YON-HON KUMITE (*4-step Sparring*)

- Jodan-zuki (*face-punch*) vs. Age-uke (*rising-block*)  
Chudan-zuki (*chest-punch*) vs. Soto-uke (*outside-middle-block*)  
Mae-geri (*front-kick middle*) vs. Gedan-barai (*down-block*)



# Karate-do Yushin-juku

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## 6th Kyu (Green Belt) Requirements

*Eligibility: Minimum 10 class attendances after obtaining the 7th kyu (Blue Belt)*

### KIHON (*Basics*)

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

- Zenshin:** Jodan jun-zuki → Chudan ren-zuki (*4-times*)  
*Step-in:* Upper forward-punch, Double chest-punches
- Koshin:** Age-uke → Chudan ren-zuki (*4-times*)  
*Step-back:* Rising-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Chudan ren-zuki (*4-times*)  
*Step-in:* Middle outside-block, Double chest-punches
- Koshin:** Chudan uchi-uke → Chudan ren-zuki (*4-times*)  
*Step-back:* Middle inside-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow strike
- Koshin:** Kokutsu-dachi shuto-uke → Nukite (*4-times*)  
*Step-back:* Back-stance knife-hand block, Front-stance spear-hand attack
- Zenshin:** Chu-dan mae-geri → Jodan mae-geri (*2-sets, Turn & repeat*)  
*Step-in:* Middle front-kick & Upper front-kick combination
- Zenshin:** Mawashi-geri (*4-times, Turn & repeat*)  
*Step-in:* Roundhouse-kick

Migi kiba-dachi (*Right horse-stance*)

- Zenshin:** Yoko-keage (*4-times, Turn & repeat*)  
*Step-in:* Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times, Turn & repeat*)  
*Step-in:* Side-thrust kick

### KATA (*Form*)

Heian Yon-dan ("*Peace-and-Tranquility #4*")

### KIHON IPPON-KUMITE (*Basic 1-step Sparring*)

- |   |     |   |
|---|-----|---|
| Jodan-zuki ( <i>face-punch</i> )        | vs. | Age-uke ( <i>rising-block</i> ) → gyaku-zuki          |
| Chudan-zuki ( <i>chest-punch</i> )      | vs. | Soto-uke ( <i>outside-middle-block</i> ) → gyaku-zuki |
| Mae-geri ( <i>front-kick</i> )          | vs. | Gedan-barai ( <i>down-block</i> ) → gyaku-zuki        |
| Yoko-kekomi ( <i>side-thrust kick</i> ) | vs. | Shuto-uke ( <i>knife-hand-block</i> ) → gyaku-zuki    |
| Mawashi-geri ( <i>roundhouse kick</i> ) | vs. | Uchi-uke ( <i>inside-middle-block</i> ) → gyaku-zuki  |



# Karate-do Yushin-juku

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## 5th Kyu (Purple Belt) Requirements

*Eligibility: Minimum 10 class attendances after obtaining the 6th kyu (Green Belt)*

### KIHON (*Basics*)

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

- Zenshin:** Jodan uraken-uchi → Chudan ren-zuki (*4-times*)  
*Step-in:* Upper back-fist strike, Middle double-punch
- Koshin:** Age-uke → Chudan gyaku-zuki (*4-times*)  
*Step-back:* Rising-block, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Middle reverse-punch
- Koshin:** Chudan uchi-uke → Chudan gyaku-zuki (*4-times*)  
*Step-back:* Middle inside-block, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)  
*Step-back:* Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
- Zenshin:** Mae-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Middle reverse-punch
- Zenshin:** Mawashi-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Roundhouse-kick, Middle reverse-punch
- Zenshin:** Yoko-keage (*4-times*)  
*Step-in:* Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times*)  
*Step-in:* Side-thrust kick

### KATA (*Form*)

Heian Go-dan ("*Peace-and-Tranquility #5*")

Tekki Sho-dan ("*Iron Horse #1*")

### KIHON IPPON-KUMITE (*Basic 1-step Sparring*)

- |   |     |   |
|---|-----|---|
| Jodan-zuki ( <i>face-punch</i> )        | vs. | Age-uke ( <i>rising-block</i> ) → gyaku-zuki          |
| Chudan-zuki ( <i>chest-punch</i> )      | vs. | Soto-uke ( <i>outside-middle-block</i> ) → gyaku-zuki |
| Mae-geri ( <i>front-kick</i> )          | vs. | Gedan-barai ( <i>down-block</i> ) → gyaku-zuki        |
| Yoko-kekomi ( <i>side-thrust kick</i> ) | vs. | Shuto-uke ( <i>knife-hand-block</i> ) → gyaku-zuki    |
| Mawashi-geri ( <i>roundhouse kick</i> ) | vs. | Uchi-uke ( <i>inside-middle-block</i> ) → gyaku-zuki  |



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## 4th Kyu (Purple Belt) Requirements

*Eligibility: Minimum 10 class attendances after obtaining the 5th kyu*

### KIHON (*Basics*)

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

- Zenshin:** Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Upper back-fist strike, Middle reverse-punch
- Koshin:** Age-uke → Chudan gyaku-zuki (*4-times*)  
*Step-back:* Rising-block, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Middle reverse-punch
- Koshin:** Chudan uchi-uke → Chudan gyaku-zuki (*4-times*)  
*Step-back:* Middle inside-block, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)  
*Step-back:* Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
- Zenshin:** Mae-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Middle reverse-punch
- Zenshin:** Mawashi-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Roundhouse-kick, Middle reverse-punch
- Zenshin:** Yoko-keage → Gyaku-zuki (*4-times*)  
*Step-in:* Side-snap kick, Middle reverse-punch
- Zenshin:** Yoko-kekomi → Gyaku-zuki (*4-times*)  
*Step-in:* Side-thrust kick, Middle reverse-punch
- Zenshin:** Ushiro-geri (*4-times, Turn & repeat*)  
*Step-in:* Back kick

### KATA (*Form*)

Tekki Ni-dan (*"Iron Horse #2"*)

Tekki San-dan (*"Iron Horse #3"*)

### NIHON-KUMITE (*Basic 1-step Sparring with combination attacks*)

Jodan jun-zuki (*upper forward-punch*) & Chudan gyaku-zuki (*middle reverse-punch*)

Mae-geri (*front-kick*) & Jodan jun-zuki (*upper forward-punch*)

Yoko-kekomi (*side-thrust kick*) & Chudan gyaku-zuki (*middle reverse-punch*)

Mawashi-geri (*roundhouse kick*) & Chudan gyaku-zuki (*middle reverse-punch*)

Ushiro-geri (*back kick*)



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## 3rd Kyu (Brown Belt) Requirements

*Eligibility: Minimum 15 class attendances after obtaining the 4th kyu*

### KIHON (*Basics*)

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

- Zenshin:** Jodan kizami-zuki → Chudan gyaku-zuki → Jodan uraken-uchi (*4-times*)  
*Step-in:* Upper lunge-punch, Middle reverse-punch, Upper back-fist strike
- Koshin:** Age-uke → Chudan gyaku-zuki → Age-uke (*4-times*)  
*Step-back:* Rising-block, Middle reverse-punch, Rising-block
- Zenshin:** Chudan soto-uke → Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Upper back-fist strike, Middle reverse-punch
- Koshin:** Chudan uchi-uke → Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)  
*Step-back:* Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)  
*Step-back:* Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
- Zenshin:** Mae-geri → Mawashi-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Roundhouse-kick (same leg), Middle reverse-punch
- Zenshin:** Mae-geri → Yoko-keage → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Side-snap kick (same leg), Middle reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Side-thrust kick (same leg), Middle reverse-punch
- Zenshin:** Mawashi-geri → Ushiro-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Roundhouse-kick, Back kick, Middle reverse-punch

### KATA (*Form*)

Kanku-Dai ("Viewing the Sky - Large")

Bassai-dai ("Demolish Fortification - Large")

### NIHON-KUMITE (*Basic 1-step Sparring with combination attacks*)

Jodan jun-zuki (*upper forward-punch*) & Chudan gyaku-zuki (*middle reverse-punch*)

Mae-geri (*front-kick*) & Jodan jun-zuki (*upper forward-punch*)

Yoko-kekomi (*side-thrust kick*) & Chudan gyaku-zuki (*middle reverse-punch*)

Mawashi-geri (*roundhouse kick*) & Chudan gyaku-zuki (*middle reverse-punch*)

Ushiro-geri (*back kick*) & Chudan gyaku-zuki (*middle reverse-punch*)



# Karate-do Yushin-juku

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## 2nd Kyu (Brown Belt) Requirements

*Eligibility: Minimum 15 class attendances after obtaining the 3rd kyu*

### KIHON (*Basics*)

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

1. **Zenshin:** Jodan kizami-zuki → Chudan gyaku-zuki → Jodan uraken-uchi (*4-times*)  
*Step-in:* Upper lunge punch, Middle reverse-punch, Upper back-fist strike
2. **Koshin:** Age-uke → Chudan gyaku-zuki → Age-uke (*4-times*)  
*Step-back:* Rising-block, Middle reverse-punch, Rising-block
3. **Zenshin:** Chudan soto-uke → Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Upper back-fist strike, Middle reverse-punch
4. **Koshin:** Chudan uchi-uke → Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)  
*Step-back:* Middle inside-block, Upper back-fist strike, Middle reverse-punch
5. **Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
6. **Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)  
*Step-back:* Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
7. **Zenshin:** Mae-geri → Mawashi-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Roundhouse-kick (same leg), Middle reverse-punch
8. **Zenshin:** Mae-geri → Yoko-keage → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Side-snap kick (same leg), Middle reverse-punch
9. **Zenshin:** Mae-geri → Yoko-kekomi → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Side-thrust kick (same leg), Middle reverse-punch
10. **Zenshin:** Mawashi-geri → Ushiro-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Roundhouse-kick, Back kick, Middle reverse-punch

KATA (*Form*) Jion ("*Compassion-and-Nurturance*") & Enpi ("*Flying Swallow*")

JIYU IPPON-KUMITE (*Free 1-step Sparring*) from basic Zenkutsu-dachi position

- 2 of Jodan-zuki (*face-punch*) attacks
- 2 of Chudan-zuki (*chest-punch*) attacks
- 2 of Jodan-geri (*high-kick*) attacks
- 2 of Chudan-geri (*middle-kick*) attacks



# Karate-do Yushin-juku

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## 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 kizami-zuki → Chudan gyaku-zuki → Jodan uraken-uchi (*4-times*)  
*Step-in:* Upper lunge-punch, Middle reverse-punch, Upper back-fist strike
- Koshin:** Age-uke → Chudan gyaku-zuki → Age-uke (*4-times*)  
*Step-back:* Rising-block, Middle reverse-punch, Rising-block
- Zenshin:** Chudan soto-uke → Chudan gyaku-zuki → Chudan soto-uke (*4-times*)  
*Step-in:* Middle outside-block, Middle reverse-punch, Middle outside-block
- Koshin:** Chudan uchi-uke → Chudan gyaku-zuki → Chudan uchi-uke (*4-times*)  
*Step-back:* Middle inside-block, Middle reverse-punch, Middle inside-block
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)  
*Step-back:* Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
- Zenshin:** Mae-geri → Mawashi-geri → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Roundhouse-kick (same leg), Middle reverse-punch
- Zenshin:** Mae-geri → Yoko-keage → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Side-snap kick (same leg), Middle reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Gyaku-zuki (*4-times*)  
*Step-in:* Front-kick, Side-thrust kick (same leg), Middle reverse-punch
- Zenshin:** Mae-geri → Mawashi-geri → Ushiro-geri → Jun-zuki (*Turn & Repeat*)  
*Step-in:* Front-kick, Roundhouse-kick, Back kick, Middle forward-punch

### KATA (Form)

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

### JIYU IPPON-KUMITE (*Free 1-step Sparring*) from free-style position

- 2 of Jodan-zuki (*face-punch*) attacks
- 2 of Chudan-zuki (*chest-punch*) attacks
- 2 of Jodan-geri (*high-kick*) attacks
- 2 of Chudan-geri (*middle-kick*) attacks

### WRITTEN EXAM

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



# Karate-do Yushin-juku

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## Shodan (1st-degree Blackbelt) Requirements

*Eligibility: Minimum of 20 class attendances after obtaining a 1st kyu*

### KIHON (*Basics*)

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

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → gyaku-zuki (*4-times*)  
*Step-back:* Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)  
*Step-back:* Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Zenshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)  
*Step-in:* Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)  
*Step-back:* Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Jun-zuki (Turn & repeat)  
*Step-in:* Front-kick, Side-thrust kick, Roundhouse-kick, Back kick, Forward middle punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

### KATA (Form)

**Tokui** (Free choice: One from Kanku-dai, Bassai-dai, Jion, Enpi)

**Shitei** (Mandatory: One from Heian 1-5, Tekki 1-3)

**Bunkai** (Explain how specified techniques within the Tokui kata can be applied)

### JIYU IPPON-KUMITE (*Free 1-step Sparring*) from free-style position

2 of Jodan-zuki (*face-punch*) attacks

2 of Chudan-zuki (*chest-punch*) attacks

2 of Jodan-geri (*high-kick*) attacks

2 of Chudan-geri (*middle-kick*) attacks

### JIYU KUMITE (*Free Sparring*)

### INSTRUCTIONAL SKILLS

Must be able to lead the warming-up & stretching routine

### WRITTEN EXAM

Read "*Moving Zen - Karate as a Way to Gentleness (C.W. Nicol)*" and write a book report.



# Karate-do Yushin-juku

空手道優心塾

## Nidan (2nd-degree Blackbelt) Requirements

*Eligibility: Minimum of 1 year after obtaining a Shodan*

### KIHON (*Basics*)

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

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → gyaku-zuki (*4-times*)  
*Step-back:* Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)  
*Step-back:* Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Zenshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)  
*Step-in:* Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)  
*Step-back:* Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Jun-zuki (Turn & repeat)  
*Step-in:* Front-kick, Side-thrust kick, Roundhouse-kick, Back kick, Forward middle punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

### KATA (*Form*)

**Tokui** (Free choice: One from Hangetsu, Jitte, Nijushi-ho or Kanku-sho)

**Shitei** (Mandatory: One from Kanku-dai, Bassai-dai, Jion or Enpi)

**Bunkai** (Explain how specified techniques in the Tokui kata can be applied)

### JIYU IPPON-KUMITE (*Free 1-step Sparring*) from free-style position

2 of Jodan-zuki (*face-punch*) attacks

2 of Chudan-zuki (*chest-punch*) attacks

2 of Jodan-geri (*high-kick*) attacks

2 of Chudan-geri (*middle-kick*) attacks

### JIYU KUMITE (*Free Sparring*)

### COMPETITION RULES KNOWLEDGE & REFEREE/JUDGE SKILLS

### WRITTEN EXAM

Read "*The Unfettered Mind (Takuan Soho)*" and write a book report.



# Karate-do Yushin-juku

空手道優心塾

## Sandan (3rd Blackbelt) Requirements

*Eligibility: Minimum of 2 years after obtaining a Nidan*

### KIHON (*Basics*)

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

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → gyaku-zuki (*4-times*)  
*Step-back:* Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)  
*Step-back:* Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Zenshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)  
*Step-in:* Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)  
*Step-back:* Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Jun-zuki (Turn & repeat)  
*Step-in:* Front-kick, Side-thrust kick, Roundhouse-kick, Back kick, Forward middle punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

### KATA (*Form*)

**Tokui** (Free choice: One from Gankaku, Nijushi-ho, Sochin or Chinte)

**Shitei** (Mandatory: One from Kanku-dai, Bassai-dai, Jion, Enpi, Hangetsu or Jitte)

**Bunkai** (Explain how specified techniques in the Tokui kata can be applied)

### JIYU IPPON-KUMITE (*Free 1-step Sparring*) from free-style position

2 of Jodan-zuki (*face-punch*) attacks

2 of Chudan-zuki (*chest-punch*) attacks

2 of Jodan-geri (*high-kick*) attacks

2 of Chudan-geri (*middle-kick*) attacks

### JIYU KUMITE (*Free Sparring*)

### COMPETITION RULES KNOWLEDGE & REFEREE/JUDGE SKILLS

### WRITTEN EXAM

Read "*The Unfettered Mind (Takuan Soho)*" and write a book report.



# Karate-do Yushin-juku

空手道優心塾

## Yodan (4th Blackbelt) Requirements

*Eligibility: Minimum of 3 years after obtaining a Sandan*

### KIHON (*Basics*)

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

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)  
*Step-in:* Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → gyaku-zuki (*4-times*)  
*Step-back:* Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)  
*Step-in:* Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)  
*Step-back:* Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Zenshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)  
*Step-in:* Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)  
*Step-back:* Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Jun-zuki (Turn & repeat)  
*Step-in:* Front-kick, Side-thrust kick, Roundhouse-kick, Back kick, Forward middle punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

### KATA (*Form*)

**Tokui** (Free choice: One from Sochin, Chinte, Wankan, Meikyo, Bassai-sho or Kanku-sho)

**Shitei** (Mandatory: Kanku-dai, Bassai-dai, Jion, Enpi, Hangetsu, Jitte, Gankaku or Nijushi-ho)

**Bunkai** (Explain how specified techniques in the Tokui kata can be applied)

### JIYU IPPON-KUMITE (*Free 1-step Sparring*) from free-style position

- 2 of Jodan-zuki (*face-punch*) attacks
- 2 of Chudan-zuki (*chest-punch*) attacks
- 2 of Jodan-geri (*high-kick*) attacks
- 2 of Chudan-geri (*middle-kick*) attacks

### JIYU KUMITE (*Free Sparring*)

### COMPETITION RULES KNOWLEDGE & REFEREE/JUDGE SKILLS

### WRITTEN EXAM

Read "*The Unfettered Mind (Takuan Soho)*" and write a book report.