

OKAIGAN KARATE DOJO

RED BELT EXAM REQUIREMENTS - 4TH KYU

MINIMUM NUMBER OF CLASSES/MONTHS

6 Months

-classes are based on training 2-3x per week

(under age of 10 it may take 7-10 months to be ready to test)

In addition to all requirements for Yellow-Purple Belt

TESTING KATA: Tekki Shodan, Gyaku Heian Godan

OTHER KATA: Taikyoku Shodan - Heian Godan, Gyaku Taikyoku - Yodan

BUNKAI: Will be asked to demonstrate Bunkai of their kata's on exam

QUESTIONS: Be prepared to answer questions on exam such as Kihon, Kata, Kumite, History etc

RECOMMENDED READING

Recommend to purchase the book: Karate do Kyohan, The Master Text

Student will receive written questions about this book on their exam.

STUDENTS RESPONSIBILITIES

- Student must understand all student responsibilities listed on previous requirements in addition to the following:
- Students must demonstrate a correct straddle stance (toes must point forward, knees rolled out) no tolerance for diagonal toes this is a shiko dachi which does not exist in Shotokan Karate
- Students must take a written exam prior to testing for red belt
- Students are recommended to attend referee/judge certification courses
- Students will demonstrate proper foot position for side kick and back kick
- No excess body movement
- Stances are low and defined
- Show up to exam 15 minutes early
- Written Exams and Service hours are typed

Students must complete 12 service hours of karate teaching prior to testing for their belt

Students age 14+ are required to teach a class on your own, please talk to sensei about availability

TESTING DATES

Test dates and students eligible are posted every other month in the dojo

Updated: July 1st, 2015