

OKAIGAN KARATE DOJO

PURPLE BELT EXAM REQUIREMENTS - 5TH KYU

MINIMUM NUMBER OF CLASSES/MONTHS

32 Classes/4 Months

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

(under age of 10 it may take 5-6 months to be ready to test)

In addition to all requirements for Yellow, Gold, Orange, Green and Blue

PUNCHES

Triple punch

BLOCKS

Any triple punch, block and/or strike combination

STANCES

Cat stance, half front stance

COMBINATIONS

Inside block, elbow strike, back fist to reverse punch

Knife hand block, front snap kick to spear hand thrust

KICKS

Any double kick combination using same leg or alternating

STANCES

Must demonstrate knowledge of all stances moving forward and backward.

TESTING KATA:

Heian Godan, Gyaku Heian Yodan

OTHER KATA:

Taikyoku Shodan - Heian Yodan, Gyaku Taikyoku - Sandan

BUNKAI:

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

SELF DEFENSE

1:1 self defense and single line self defense 1-2 counters per attack

SPARRING

Jiyyu kumite (free sparring)

Ippon Kumite: Jodan/Chudan/Gedan Zuki and Mae Geri

RECOMMENDED READING

Recommend to purchase the book: Best Karate Series, by Nakayama - Book #6

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

STUDENTS RESPONSIBILITIES

Upon receiving their blue belt students made flash cards (Japanese - English) for all techniques and showed them to Sensei Mary

Student must understand all student responsibilities listed on previous requirements in addition to the following:

Students must demonstrate some understanding of hip rotation especially for their block/punch combinations

Students must demonstrate breathing

Students must demonstrate timing

Students must show snap and power within their movements

Students cannot short cut their movements, slow down and show all parts of the move

When kicking supporting foot must remain flat on the floor.

Students must not "stutter step" when moving from one front stance to the next

Students must be able to tie their belt correctly and evenly

Students must take a written exam prior to testing for purple belt

Students must complete 10 service hours of karate teaching prior to testing for their belt

- Students are responsible for keeping track of the day/time/instructor and will turn in (typed) on a separate piece of paper. Examples are at front office.
- Students may assist any class as long as it is below their belt level.
- Prior to class student must inform instructor that they are there to assist.
- If instructor only has them assist for a partial hour the student may still record 1 hour of assisting

TESTING DATES

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

Updated: July 1st, 2015