

OKAIGAN KARATE DOJO

BLUE BELT EXAM REQUIREMENTS - 6TH 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 and Green

BLOCKS

Wedge and augmented blocks moving in either a front or back stance
Any block followed by double punch
Any block followed by a strike
X-block and Wedge Block

STANCES

Cross legged Stance

COMBINATIONS

Inside block (front stance) elbow strike straddle stance (add a midpoint cover)

TESTING KATA:

Heian Yodan, Gyaku Heian Sandan

OTHER KATA:

Taikyoku Shodan,- Heian Sandan Gyaku Taikyoku - Nidan

BUNKAI:

Have an understanding of what the movements mean in all Kata's

FIGHTING STANCES

Reverse punch to front kick, reverse punch to round house, lunge punch, and lunging reverse punch

SPARRING

5 step sparring

RECOMMENDED READING

Recommend to purchase the book:: Karate-do My Way of Life, by Gichin Funakoshi

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

STUDENTS RESPONSIBILITIES

Punches must be centered at the solar-plex level and wrist must be straight when punching

Students must demonstrate proper stances including foot position and weight distribution.

Students must demonstrate that the rear leg in a front stance is straight and feet are flat on floor.

Students must show that they can move correctly (in/out) on all front stances.

Students must demonstrate that their body is straight when moving from stance to stance (head/over shoulder/over hip)

Students must demonstrate that they understand which part of the foot kicks for each kick.

Students must understand the mechanics for each block

Students must demonstrate proper Kime (eye focus)

Students must demonstrate a proper hikite (recoil)

Students do not need to have speed but they must have correct form.

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

Upon receiving their blue belt students must make flash cards (Japanese - English) for all techniques

Students must complete 6 service hours prior to testing for blue 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 students must inform instructors 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