

OKAIGAN KARATE DOJO

GREEN BELT EXAM REQUIREMENTS - 7TH KYU

MINIMUM NUMBER OF CLASSES/MONTHS

24 Classes/3 Months

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

(under age of 10 it may take 4-6 months to be ready to test)

In addition to all requirements for Yellow, Gold and Orange

PUNCHES	Double Punch
BLOCKS	All Blocks followed by a reverse punch
STANCES	Fighting Stance
COMBINATIONS	Inside block (front stance) elbow strike (straddle stance) Knife hand block (back stance) spear hand thrust (front stance)
STRIKES	Incorporate a mid-point cover
KICKS	Moving Back Thrust Kick
TESTING KATA:	Heian Sandan, Gyaku Taikyoku Shodan and Gyaku Heian Shodan
OTHER KATA:	Taikyoku Shodan, Heian Shodan, Heian Nidan
BUNKAI:	Have an understanding of what the movements mean in all Kata's
FIGHTING STANCES	Jab, Reverse, Jab to Reverse, Reverse to Jab, Jab step up front kick, Jab step up round house kick
SELF DEFENSE	8th kyu grabs plus anything that someone may grab you with. 1-2 Counters per attack

RECOMMENDED READING

Recommend to purchase the book: Best Karate Series, by Nakayama - Book #5

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

MANDATORY EQUIPMENT

Purchase a medium weight karate uniform (gi) prior to your green belt exam.

STUDENTS RESPONSIBILITIES

Have a desire to learn - Know the requirements for your test

Bring your mouthguard to class everyday - Wear a clean karate uniform (Gi) - Bring sparring gloves to dojo everyday

Punches must be centered at the solar-plex level

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 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 take a written exam prior to testing

Students must demonstrate a proper hikite (recoil)

TESTING DATES

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

Updated: July 1st, 2015