

# OKAIGAN KARATE DOJO

## ORANGE BELT EXAM REQUIREMENTS - 8TH 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)*

### **STANCES**

Ready Position, Front Stance, Straddle Stance, Back Stance

### **PUNCHES**

Stationary Reverse Punch, Lunge Punch

### **BLOCKS**

Rising, Down, Inside, Outside, Knife Hand Block, Augmented Block

### **KICKS**

Stationary and Moving Front Snap and Front Thrust Kicks

Stationary and Moving Side Snap and Side Thrust Kicks

Stationary Back Thrust Kick

### **STRIKES**

Bear Claw, Fork to the Eyes, Spear (low and middle), Single Finger, Forward Elbow, Roundhouse Elbow, Palm Heal, Inside/Outside Ridge, Inside/Outside Shuto, Hammer Strike, Fore-Knuckle, and Back-fist

**TESTING KATA:** Heian Nidan

**OTHER KATA:** Taikyoku Shodan & Heian Shodan

### **EIGHT (8) GRABS/SELF DEFENSE with 1 counter per grab**

Straight Across, Cross Hand, 1 Wrist, Double Arm, Shoulder Grab from Behind, Shoulder grab to the front, Hair Grab, Bear Hug

### **COMMANDS**

Hidari Zenkutsu Dachi Gedan Barai

Bow

Kiai

Seiza (Formal Japanese Sitting Position)

Turn Down Block

### **BASIC MANNERS AND ETIQUETTE**

Be respectful to others

Know how to greet another black belt/student

Tell Parent(s) Thank you for driving you to and from karate dojo

Recite Dojo Kun

### **MANDATORY EQUIPMENT**

-Purchase a pair of red or blue gloves (shin insteps, helmet/face shield, chest guard optional but recommended)

-All boys who spar must have a groin protector

### **TESTING DATES**

Test dates and students eligible are posted monthly in the dojo

### **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 take a written exam prior to testing.