

# OKAIGAN KARATE DOJO

## GOLD BELT EXAM REQUIREMENTS - 9TH KYU

### **MINIMUM NUMBER OF CLASSES/MONTHS**

**24 Classes/3 Months**

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

### **STANCES**

Ready Position, Front Stance, Straddle Stance, Back Stance

### **PUNCHES**

Stationary Reverse Punch, Lunge Punch

### **BLOCKS**

Rising, Down, Inside, Outside and Knife Hand Block

### **KICKS**

Stationary and Moving Front Snap Kicks

Stationary and Moving Side Snap Kicks

Stationary Back Thrust Kick

### **STRIKES**

Bear Claw, Fork to the Eyes, Spear, Single Finger, Forward Elbow

**TESTING KATA:** Heian Shodan

**OTHER KATA:** Taikyoku Shodan

### **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

### **MANDATORY EQUIPMENT**

-By orange belt you will need to purchase your own gloves for sparring

### **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)