

# OKAIGAN KARATE DOJO

## RED BELT EXAM REQUIREMENTS - 4TH KYU

### MINIMUM NUMBER OF CLASSES/MONTHS

**6 Months**

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

*(under age of 10 it may take 7-10 months to be ready to test)*

### PUNCHES

Stationary Reverse Punch, Lunge Punch, Double Punch and Triple punch

### BLOCKS

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

All Blocks followed by a reverse punch

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

Any triple punch, block and/or strike combination

### STANCES

-Ready Position, Front Stance, Straddle Stance, Back Stance, Fighting Stance, Cross legged Stance, Cat stance, half-front stance

-Must demonstrate knowledge of all stances moving forward and backward.

### COMBINATIONS

Inside block, elbow strike, back fist to reverse punch

Knife hand block, front snap kick to spear hand thrust

### STRIKES

-Incorporate a mid-point cover

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

### KICKS

Stationary and Moving Front Snap and Front Thrust Kicks

Stationary and Moving Side Snap and Side Thrust Kicks

Stationary Back Thrust Kick

Moving Back Thrust Kick

Any double kick combination using same leg or alternating

### TESTING KATA:

Tekki Shodan, Gyaku Heian Yodan

### OTHER KATA:

Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan, Gyaku Taikyoku

Shodan, Gyaku Heian Shodan, Gyaku Heian Nidan, Gyaku Heian Sandan, Gyaku Heian Yodan,

Gyaku Heian Godan

### BUNKAI:

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

### SPARRING

5 step sparring

Jiyyu kumite (free sparring)

### IPPON KUMITE

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

## **VERBAL QUESTIONS:**

Be prepared to answer questions on exam such as Kihon, Kata, Kumite, History etc

## **RECOMMENDED READING**

Recommend to purchase the book: Karate do Kyohan, The Master Text

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

## **STUDENTS RESPONSIBILITIES**

- Student must understand all student responsibilities listed on previous requirements in addition to the following:
- Students must demonstrate a correct straddle stance (toes must point forward, knees rolled out) no tolerance for diagonal toes this is a shiko dachi which does not exist in Shotokan Karate
- Students must take a written exam prior to testing for red belt
- Students are recommended to attend referee/judge certification courses
- Students will demonstrate proper foot position for side kick and back kick
- No excess body movement
- Stances are low and defined
- Show up to exam 15 minutes early
- Written Exams and Service hours are typed

**Students must complete 12 service hours of karate teaching prior to testing for their belt**

**Students age 14+ are required to teach a class on your own, please talk to sensei about availability**

## **REFEREE/JUDGE WORKSHOPS**

These are held the third Tuesday of the month from 6:00pm-7:30pm. It is recommended that you start attending these as they will become mandatory for brown/black belt testing.

## **SEMINARS**

-Attend 2 dojo seminars in the past 3 months (seminars are often held by visiting sensei's such as Igaki, Murphy, Morton. EXAMPLE: if you waited 9 months between testing then you have attended at least 6 seminars if available.

## **TOURNAMENTS**

\*\* Attend the DOJO Tournament in May (1 year)

\*\* Attend one (1) "In-House" Tournament at dojo (2 per year)

## **TESTING DATES**

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

**Updated: August 1, 2018**