

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)

PUNCHES

Stationary Reverse Punch, Lunge Punch and Double 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

STANCES

Ready Position, Front Stance, Straddle Stance, Back Stance, Fighting Stance, Cross legged Stance

COMBINATIONS

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

Knife hand block (back stance) spear hand thrust (front stance)

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

TESTING KATA:

OTHER KATA:

Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan, Gyaku Taikyoku Shodan, Gyaku Heian Shodan, Gyaku Heian Nidan

BUNKAI:

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

SPARRING

5 step sparring

SELF DEFENSE

8th kyu grabs plus anything that someone may grab you with. 1-2 Counters per attack

WRITTEN EXAM

There is a written exam prior to testing for Blue Belt. Please type, no spelling errors. Many answers can be found on dojo website and we have a "library" of books that the students can check out. Students may refer to black belts with help on their exam.

RECOMMENDED READING FOR WRITTEN EXAM AND VERBAL QUESTIONS AT TEST

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

SEMINARS

-Attend 2 dojo seminars in the past 3 months (seminars are often held by visiting sensei's such as Igaki, Murphy, Morton)

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