

OKAIGAN KARATE DOJO

ORANGE BELT EXAM REQUIREMENTS - 8TH KYU

MINIMUM NUMBER OF CLASSES/MONTHS

Minimum 24 Classes for 1x per week

Minimum 3 Months for 2+ times per week

Testing is based on training 2-3x per week

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

We highly recommend that all students in the youth classes train at least two times per week.

STANCES

Ready Position, Front Stance, Straddle Stance, and Back Stance

PUNCHES

Stationary Reverse Punch, and Lunge Punch

BLOCKS

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

KICKS

Front Snap Kick, Side Snap Kick, Front Thrust Kick, Side Thrust Kick, Roundhouse Kick, and 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

FIGHTING STANCES

Jab, Reverse, Jab to Reverse, Reverse to Jab

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 - SPARRING/KUMITE

All students must have their own sparring equipment and bring to the dojo each day (we may not spar each day, but its now the students responsibility to bring it) Please go to the front desk to be sized for the following equipment:

Red or Blue Gloves, White Shin-insteps, Helmet and face shield, mouthguard/case, chest guard.

SEMINARS

Students are responsible to attend 1 dojo seminar, if available

TOURNAMENTS

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

WRITTEN EXAM

There is a very basic written exam prior to testing for Orange Belt. Please write neatly, no spelling errors. Answers can be found on dojo website and we have a “library” of books that the students can check out. Students may refer to brown or black belts with help on their exam. If you get assistance from a brown/black belt please write their name down next to the answers they are helping you with. Please ask receptionist for the written exam or it can be found on the dojo website www.okaigan.com, or on Discord.

SERVICE HOURS

No service hours needed from Gold to Orange Belt

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

Wear a clean karate uniform (Gi)

Bring sparring equipment to dojo everyday

Punches must be centered at the solar-plex level

Students must demonstrate proper stances including foot position and weight distribution.

DAY OF EXAM

On the day of the exam students will be required to turn in or show the following:

They have purchased their sparring equipment

They have completed their written exam, only 100% will be accepted

They have attended 1 seminar

Attend 1 in house tournament, if the dojo is doing them, otherwise it will be exempt

Service Hours- Seminars - and Tournaments-

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. This will be turned in with written exam on day of test.

Updated: May 2024