

OKAIGAN KARATE DOJO

ORANGE BELT EXAM REQUIREMENTS - 8TH KYU

MINIMUM NUMBER OF CLASSES/MONTHS

24 Classes/3 Months

-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, 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

-Mouthguard and Case (by his/her 2nd class/white belt)

-Karate Uniform (Gi) before testing for yellow belt

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

-Orange belt purchase shin insteps (helmet/face shield, chest guard optional but recommended)

-All boys who spar must have a groin protector

SEMINARS

-Attend 1 dojo seminar 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)

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 black belts with help on their exam.

Please ask receptionist for written exam. 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.

Updated: August 1, 2018