

OKAIGAN KARATE DOJO

GOLD BELT EXAM REQUIREMENTS - 9TH 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

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, and Knife Hand Block

KICKS

Stationary and Moving Front Snap Kicks, Stationary and Moving Side Snap Kicks

Roundhouse Kick

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

White, plain, unmarked Karate gi

SPARRING/KUMITE

Students, as new as white belt, may learn how to Spar. Sparring is not mandatory until Orange Belt. However many classes do spar. The equipment needed to spar is as follows: Red or Blue Gloves, White Shin-insteps, Helmet with face shield, mouthguard/case, and a chest guard. We have these at the dojo, please check with office for current pricing.

TESTING DATES

Test dates and students eligible are posted monthly in the dojo

Updated: May 1, 2024