

OKAIGAN KARATE DOJO

YELLOW BELT EXAM REQUIREMENTS - 10TH 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, and Straddle Stance

PUNCHES

Stationary Reverse Punch, Lunge Punch

BLOCKS

Rising, Down, Inside, and Outside

KICKS

Stationary and Moving Front Snap Kicks

Stationary and Moving Side Snap Kicks

Stationary Back Thrust Kick

KATA

Taikyoku Shodan

GRABS/SELF DEFENSE

Straight Across, Cross Hand, 1 Wrist, Double Arm, Shoulder Grab from Behind

COMMANDS

Hidari Zenkutsu Dachi Gedan Barai

Bow

Kiai

Seiza (Formal Japanese Sitting Position)

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