

BUSHIDO DOJO *Joelton* ■ ADULT REQUIREMENTS

HACHIKYU (Gold Belt)

DACHI (Stances)

Musubi Dachii

Hachiji Dachii

Zenkutsu Dachii

Shieko Dachii

Juntsuki no-tsukomi Dachii

Gyakutsuki Dachii

Kiba Dachii

GERI WAZA (Kicking Techniques)

Maegeri

Maewashigeri

(Both at chudan level)

UKE WAZA (Blocking Techniques)

Gedan Barai Uke

Soto Uke

Jodan Uke

KATA (Forms)

Ippon Kumite Kata 1-6

GOI (Vocabulary) Wado, Rei, Sensei, Yoi, Hajime, Seiza, Bushido, Senpai, Kiai, Yudansha, Nao-Rei, Tachi-Rei. Count from 1-10 in Nihon (Japanese)

KIHON WAZA (Basics)

Juntsuki

Kette Juntsuki

Juntsuki no tsukomi

Kette Juntsuki no tsukomi

Gyakutsuki

Kette Gyakutsuki

TE WAZA (Hand Techniques)

Seiken

Shuto tsuki

Tetsui

Tatte

Shote

Ippon Kentsuki

Uraken

RENRAKU (Combinations/Attacks)

Kette Juntsuki (Form and Kamae)

SHICHIKYU (Orange Belt)

Everything through Hachikyu, Plus....

GERI WAZA (Kicking Techniques)

Maegeri

Maewashigeri

(Gedan, chudan & Jodan levels)

KATA (Forms)

Ippon Kumite Katas 7-12

Kihon Kata Ichi

Kihon Kata Ni

GOI (Vocabulary) Dachii, Kiotsuki, Tachi Rei, Gedan, Chudan, Jodan, Yame, Hikite, Dojo, Maewatte, Seiretsu, Ryu

RENRAKU (Combinations/Attacks)

Suri Ashi Maegeri With Gyakutsuki

Attack Gyakutsuki (1 and 2 Step)

ROKUKYU (Blue Belt)

All requirement through Shichikyu, plus:

KIHON WAZA (Basic Techniques)

Gyakuzuki No-Tsukomi

Tobe Komi Tsuki

GERI WAZA (Kicking Techniques)

Hakugeri,

Mae tobigeri

UKE WAZA (Blocking Techniques)

Shuto Uke

Tetsui Uke

RENRAKU (Combinations/Attacks)

Jump Seiken

Gyakutsuki Maewashigeri

Suri Ashi Maegeri with Gyakutsuki

GOI (Vocabulary) Shomen Ni Rei, Sensei Ni Rei, Otagai Ni Rei, Kohai, Yudanshi, Torre, Uke, Obi, Zanshin, Kame1-20 in Nihon (Japanese)

DACHI (Stances)

Shizentai

Mahanmi Neko ashi dachi

TE WAZA (Hand Techniques)

Yohan Nukite

UKE WAZA (Defensive Techniques)

Side-step Gyakutsuki

Side-step Maewashigeri

KATA (Forms)

Pinan Nidan

GOKYU (Purple Belt)

All requirements through Roku-Kyu, plus:

DACHI (Stances)

Shomen Neko Ashi Dachi

Heisoku Dachi

TE WAZA (Hand Techniques)

Haito

Haeshu

Uchiken

Nihon Nukite

Empi

KATA (Forms)

Pinan Shodan

Pinan Sandan

GERI WAZA (Kicking Techniques)

Yoko-Geri

Mae Maewashigeri,

Hiza

Ura Maewashigeri

UKE WAZA (blocking Techniques)

Uchi Uke

Ude Uke

Empi Uke

RENRAKU (Combinations/Attacks)

Stutter Gyakutsuki

GOI (Vocabulary): Koshi, Kime, Kekomi, Mokuso, Sokuto

YONKYU (Green Belt)

All requirements through Go-Kyu, plus...

DACHI (Stances)

Kokutsu Dachi

GERI WAZA (Kicking Techniques)

Suri Ashi Yokogeri

Ura Maewashigeri

Ushirogeri

RENRAKU (Combinations/Attacks)

Tobe Komi Tsuki Maegeri

Tobe Komi Tsuki Maewashigeri

UKE WAZA (Defensive Techniques)

Nagashi Tsuki

UKE WAZA (Blocking Techniques)

Kakae Uke

Morote Uke

TE WAZA (Hand Techniques)

Ippon Nukite

KATA (Forms)

Pinan Yon-Dan

Pinan Go-Dan

GOI (Vocabulary)

Besides being able to define the following words, you should be able to explain the concepts underlying their philosophies: Zanshin, Taisabaki, Kamae

And, be able to use all Japanese words associated with your karate training.

SANKYU (Brown Belt / 3rd Degree)

Everything through Yon-Kyu, Plus....

KATA

Kihon Kumite Kata 1- 5

The tradition of this very important examination is to test you....and your knowledge of everything you have learned as a karate-ka up to this point: including all techniques, kata and your understanding of all vocabulary.

Candidates must spend one night in the Dojo, and will be tested the following morning.

NIKYU (Brown Belt / 2nd Degree)

Informal test, with no exam fee.

KATA

Nihanchi

IKKYU (Brown Belt / 1st Degree)

Informal Test, with no exam fee.

KATA

Kushanku

SHODAN (Black Belt / 1st Degree)

Federation Fee Only

Examination

The candidate will first be tested at the designated Federation location by Black Belt Examination Board

The candidate will then live at the Dojo two days and be tested again on the morning of the third day

A 75 question written exam will be provided one month before the dojo exam

One hour physical test

If the candidate is Successful, There will be a traditional promotion ceremony followed by Kumite.