

BUSHIDO DOJO *Joelton* ■ YOUTH REQUIREMENTS

At Bushido Dojo, we firmly believe that the beginning stages of a child's training in karate are the most important.

Within those beginning stages (*our 5 gold tips to Gold belt Program*) the focus is on...

- Maximizing each child's natural physical ability, agility, and flexibility
- Learning the basic building blocks of traditional karate training
- Learning the value of hard work, patience, and respect for others, and of course,
- Making each karate class a memorable and valuable experience for each child...

Regarding Exams...

All tip exams are given during the course of regular classes, within the next highest tip generally awarded following classes, with the next highest tip generally awarded following the formal end of that evening's class, However....

Formal belt exams are *not* given during regular class times.

A belt exam generally requires that the student has ample time in which to practice, study and prepare. As such, both you and child will be notified when he or she is ready for their belt test, Although we try to schedule particular days specifically for exams, we'll do our best to plan your child's test at least one week ahead, and when it best fits with your schedule.

Our fee for all formal Youth Belt Exams from Gold Through Brown s \$20.00

Encourage your child to use their handbooks!

If your child ever needs additional help with any requirements for his or her level....please do not hesitate to ask!

1st Gold Tip

You must have attended 10 (ten) classes and

Be able to name and demonstrate the following stances:

- Musubi Dachi
- Hachiji Dachi
- Zenkutsu Dachi

Be able to Demonstrate the following techniques:

- Maegeri
- Seiken

Be able to count from 1 – 5 in Japanese

Know the following vocabulary words: Dojo, Gi, Obi, Rei, Hajime, Matte, Sensei, Seiretsu

Always show good conduct and self-discipline in the dojo!

2nd Gold Tip

You must have attended 15 (fifteen) classes, be able to name and demonstrate all your first tip requirements and

Name and demonstrate the following techniques:

- Gedan Uke
- Soto Uke

Be able to count from 1 – 10 in Japanese

Know the following vocabulary words: Wado, Kamae, Yame, Seiza, Yoi, Hikite, Mawatte

Show good conduct and self-discipline at all times!

3rd Gold Tip

You must have attended 20 (twenty) classes, be able to name and demonstrate all your first and second tip requirements, and...

Name and demonstrate the following technique:

- Jodan Uke

Good Conduct and discipline, Plus...be able to correctly tie, and know what your "Obi" is.

4th Gold Tip

You must have attended 25 (twenty-five) classes, be able to name and demonstrate all your first, second and third tip requirements, and ...

Be able to demonstrate the following techniques in forward motion up and down the floor.

- Juntsuki
- Mae Geri
- Gedan Uke
- Soto Uke
- Jodan Uke

Be able to show your classmates how to properly do...

- 50 jumping Jacks
- 10 Push-ups (No slouching!)
- 10 Crunches

Memorize the class motto!

“COME TO CLASS, WORK HARD AND ALWAYS DO YOUR BEST. RESPECT OTHERS, AND THEY WILL RESPECT YOU”

5th Gold Tip

You must have attended 30 (thirty) classes, be able to name and demonstrate all your first, second, third and fourth tip requirements, and....

Be able to properly demonstrate:

- Ippon Kumite Katas 1 – 5

Be able to name and demonstrate the following hand techniques:

- Uraken
 - Shuto
 - Tetsui
 - Tatte
 - Shote
 - Ippon Ken Tsuki
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Preparing for your first Belt Exam.

Study Hard. And practice hard. Always show good spirit. Use your handbook and pay attention in class. If you are posted to take test, we know you're ready. So try not to be nervous. Most important...Be the best you can be, and do the best you can do!

HACHIKYU (Gold Belt)

Requirements: 5 Gold tips, Regular Attendance, Good Grades, and the following:

WAZA (Techniques):

- Juntsuki,
- Kette Juntsuki
- Juntsuki No-Tsukomi
- Kette Juntsuki No-Tsukomi
- Gyakutsuki
- Kette Gyakutsuki

DACHI (Stances::

- Musubi Dach
- Hachiji Dach
- Zenkutsu Dach
- Sheiko Dach
- Juntsuki No-tsukomi Dach
- Gyakutsuki Dach

GERI WAZA (Kicking Techniques):

- Maegeri
- Mawashigeri

---Both at chudan level)

UKE WAZA (Blocks):

- Gedan Uke
- Soto Uke
- Jodan Uke

KATA (Forms):

- Ippon Kumite Kata 1 – 6

RENRAKU (Combinations/Attacks):

- Kette Juntsuki (Form)

GOI (Vocabulary): Bushido, Sempai, Kiai, Yudansha, Nao-Rei, Tachi-Rei

JUNBI UNDO (Exercises):

75 Jumping Jacks, 20 sit-ups, 10 Proper knuckle Pushups

Remember, be and do the very best you can be....Your true spirit will Shine through!!

1st Orange Tip

You must be able to demonstrate and name everything through Hachikyu, Plus...

GERI WAZA (Kicking Techniques)

- Mae-Geri (Gedan, Chudan, Jodan)

KATA (Forms)

- Ippon Kumite Kata 7 – 12

Answer This Question:

What does karate begin with and end with?

Learn and memorize 1 of the 6 Codes of Conduct in The Dojo Kun

2nd Orange Tip

All requirements through your first Orange Tip, Plus...

GERI WAZA (Kicking Techniques)

- Maewashi Geri (Gedan, Chudan and Jodan)

KATA (Forms)

- Kihon-No Kata Ichi (1st Basic Kata)
- Ippon Kumite Katas 1-12

Learn and memorize a second Code of Conduct from the Dojo-Kun.

Preparing for your second Belt Exam

Think clearly about everything you've learned so far.

Pay attention! Remember....If you're not listening, you won't hear. If you don't hear, you won't get it....Got it?

SHICHIKYU (Orange Belt)

You must have passed all requirements through Hachikyu, as well as your 1st and 2nd Orange tips, Plus...

RENRAKU (Combinations/Attacks)

- Suri Ashi Maegeri With Gyakutsuki

KATA (Forms)

- Kihon Kata Ichi
- Kihon Kata Ni

GOI (Vocabulary) Dachi, Kiotsuki, Tachi Rei, Gedan, Chudan, Jodan

JUNBI UNDO (Exercises)

75 Jumping Jacks, 15 Proper Crunches, 10 Proper Knuckle Push ups

Learn and Memorize a second and third Code of Conduct from the Dojo-Kun

By now, you should be able to answer simple questions about everything so far, including sharing what you've learned about Wado Karate, Sensei Patterson and Master Ohtsuka.

Don't be discouraged...keep training. You're getting every day!

1st Blue Tip

GERI WAZA (Kicking Techniques)

- Mae Tobi-Geri

RENRAKU (Combinations/Attacks)

- Attack Gyakutsuki (One Step)

Be able to stand in proper sheiko dachi for one full minute.

Learn and memorize a fourth Code of Conduct From the Dojo-Kun

2nd Blue Tip

RENRAKU (Combinations/Attacks)

- Jump Seiken
- Attack Gyakuzuki (One and Two-Step)

UKE WAZA (Defensive Techniques)

- Sidestep Seiken

GOI (Vocabulary) Torre, Uke

Be able to properly perform all six Ippon Kumite Hand Techniques – On Command – From Sheiko dachi, with discipline, focus and speed!

Learn and memorized a Fifth Code of Conduct from the Dojo-Kun.

Preparing For Your Blue Belt Exam

Your next exam is an important step as you continue on your way to becoming a true karateka.

Look back, and try to remember everything that you've learned and experienced since the first day walked onto the Dojo floor. As you do, ask yourself....

What's the Most important thing I've learned about karate?

What's the most important thing I've learned about myself?

What can I do to become better at karate?

What can I do to become a better person?

ROKUKYU (Blue Belt)

All requirement through Shichi-Kyu, you 1st and 2nd Blue Tips, Good Grades, Discipline and Conduct, Plus...

DACHI (Stances)

- Shizentai
- Mahanmi Neko Ashi Dachi

UKE WAZA (Blocks)

- Shuto Uke,
- Tetsui Uke

DEFENSIVE TECHNIQUES

- Side-Step Maewashigeri
- Side-Step Gyakuzuki

RENRAKU (Combinations/Attacks)

- Gyakuzuki Maewashigeri

KATA (Forms)

- Pinan Nidan

GOI (Vocabulary) Shomen Ni Rei, Sensei Ni Rei, Otagai Ni Rei, Kohai

JUNBI UNDO (Exercises)

100 Jumping Jacks, 25 Crunches, 15 Knuckle Push-ups

Learn and memorize your sixth Code of conduct from the Dojo-Kun.

You should be prepared to perform any block, seiken, kick and stances that you've learned so far, on command.

All your techniques and kata should be performed with proper speed, balance, snap, and above all, with good spirit!

1st Purple Tip

GERI WAZA (Kicking Techniques)

- Yoko Geri (Gedan and Chudan),
- Haku Geri

KIHON WAZA (Basic Techniques)

- Empitsuki

UKE WAZA (Blocks)

- Empi Uke

Ask yourself this question: Am I setting an example I would want to follow?

GOKYU (Purple Belt)

All requirements through Roku-Kyu, Good Grades, and.....

KIHON WAZA (Basic Techniques)

- Gyakutsuki No-Tsukomi
- Tobi Komi Tsuki

DACHI (Stances)

- Shomen Neko Ashi Dachi
- Heisoku Dachi

TE WAZA (Hand Techniques)

- Haito
- Haeshu
- Uchiken
- Nihon Nukite

UKE WAZA (Blocks)

- Uchi Uke
- Ude Uke

RENRAKU (Combinations/Attacks)

- Stutter Gyakutsuki

KATA (Forms)

- Pinan Shodan
- Pinan Sandan

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

By now, you should be performing all kicks, blocks and hand techniques with the proper speed, focus, power, rotation, and snaps.

All kata must demonstrate your knowledge of the proper position of your hands and feet (stances); and should be performed with speed, power, focus and above all....Spirit!

Pay Attention....! You will be asked to teach one kata to the rest of your classmates. Be prepared!

YONKYU (Green Belt)

All requirements through Go-Kyu, plus...

UKE WAZA (Defensive Techniques)

- Nagashi Tsuki

DACHI (Stances)

- Kokutsu Dachi

GERI WAZA (Kicks)

- Suri Ashi Yoko Geri
- Haku Geri
- Ushiro-Geri

(All from Zenkutsu Dachi and Sheiko Dachi)

TE WAZA (Hand Techniques)

- Ippon Nukite

UKE WAZA (Blocks)

- Kakae Uke
- Moroto Uke (Gedan, chudan and Jodan levels)

RENRAKU (Combinations/Attacks)

- Stutter Mawashigeri
- Tobe Komi Tsuki Maegeri
- Tobe Komi Tsuki Maewashigeri

KATA (Forms)

- Pinan Yon-Dan
- Pinan Go-Dan

GOI (Vocabulary) Zanshin, Taisabaki, Kamae

SANKYU (Brown Belt / 3rd Degree)

The tradition of this very important examination is to test you....and your knowledge of everything you have learned as a karateka up to this point: including all techniques, all 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

IKYU (Brown Belt / 1st Degree)

Informal Test, with no exam fee.

KATA

- Kushanku