

Hachi kyu Requirements- Yellow Belt

Physical Fitness

10 push-ups

10 leg raises

15 sit-ups

30 jumping jacks

Kihon

Walking Drill #1 (kia on final technique)

5 chudan forward punches

5 inward middle blocks

5 chudan reverse punches

5 chudan front-snap kicks

5 rising blocks

3 chudan side-snap kicks

Kata

Takyoku Shodan – First Cause

Heian Shodan – Peaceful Mind #1

Kumite Gohon

Five Step Sparring Drill #1 (rising block)

Five Step Sparring Drill #2 (inward middle block)

Q1: What is a karate uniform called in Japanese?

Q2: What is a karate belt called in Japanese?

Student must be able to perform these techniques with little to no assistance.