

5th Kyu Green Belt to 4th Kyu Green Belt

Physical Requirements

1. Open Hand Katas - Ni Juu Shichi No Kata, Kihon Kata Shodan, Kihon Kata Nidan, Kihon Kata Sandan, Kihon Kata Yondan, Zenshinkotai, Shiho Hai, Seisan
2. Nunchaku – Kihon Kata Shodan
3. Self Defense – Demonstrate and counter the following attacks and end each with a sweep; double hand choke from the front, 1 hand collar or hair grab from behind, bear hug with arms inside from behind and a hook punch to the head
4. Combinations
5. Breaking – Side Kick (2 boards), 1 hand technique and 1 spinning back kick
6. Sparring

Terminology

Yoshukai – Strive for Excellence

Yoshukai Byword – Patience

Founder – Soke Yuki Koda, 8th Degree

Director – Soshu David Koda, 7th Degree

Ass't Director – Saiko Shihan Steve Pierce 7th degree

Manager – Senpai Adrienne Koda, 3rd Degree

U.S. Yoshukai Founded - 1969

U.S. Yoshukai Headquarters – Montgomery, Al

Years Master Koda lived – 1944 – 1997

Instructor – Sensei

Karate School – Dojo

Fist to Hip – Tsuki

Bow – Rei

Yell – Kiyai

Uniform – Gi

Close Eyes – Mokutso

Counting 1 – 10 in Japanese

Black Belts – Yudansha

Fist to hip - Tsuki

Begin - Hajime

Finish - Yame

Attention - Kyotsuke

Belt - Obi

Open Eyes - Kaimoku

Relax – Yasume

under Black Belt - Kyu

Prepare - Yoi

Five Precepts For Learners

7. Respect and Manners
8. Be Prudent in Action
9. Be Prudent in Speech
10. Keep High Spirited
11. Keep Yourself Clean

Stances (Dachi)

Front Stance – Zenkutsudachi

Straddle Stance – Shikodachi

Ready Stance – Uchihachiji

Attention Stance – Musobodachi

Immoveable Stance – Fudodachi

Cat Stance – Hasamidachi

Blocks (Uke)

Upper Block – Jodan Uke

Inside Center Block – Chuudan Uchi Uke

Outside Center Block – Chuudan Soto Uke

Down Block – Gedan Uke

Crosshand Block – Juji Uke

Knifehand Block – Shuto Uke

Palm Heel Block – Shote Uke

Ridge Hand Block – Haito Uke

Back Hand Block – Haisho Uke

Knee Block – Hiza Uke

Elbow Block – Embi Uke

Kicks (Geri)

Front Kick – Mae Geri

Round Kick – Mawashi Geri

Side Kick – Yoko Geri

Flying Side Kick – Tobi Yoko Geri

Double Front Jump Kick – Nidan Geri

Back Kick – Ushiro Geri

Hook Kick – Kake Geri

Spinning Back Hook Kick – Ushiro Kake Geri

Jump Spinning Back Kick – Tobi Ushiro Geri

Strikes

Upper Punch – Jodan Tsuki

Center Punch – Chuudan Tsuki

Down Punch – Gedan Tsuki

Elbow Strike – Embi

Knife Hand – Shuto

Reverse Punch – Gyaku Tsuki

Back Fist – Uraken

Palm Strike – Shote

Ridge Hand – Haito

Back Hand – Haisho

Knee Kick – Hiza Geri

Hammer Fist – Tsutsuken

Spear Hand – Nukite

Striking Areas

Ball of the foot – Koshi

(used in front kick or round kick)

Instep – Haisoku

(used in round kick)

Edge of the Heel - Sokuto

(used in side kick)

Bottom of the Heel - Kakato

(used in axe kick)