

# 8<sup>th</sup> Kyu Yellow Belt to 7<sup>th</sup> Kyu Yellow Belt

## Physical Requirements

1. Ni Juu Shichi No Kata
2. Kihon Kata Shodan
3. Kihon Kata Nidan
4. Kihon Kata Sandan
5. Basic blocks, kicks, punches, and stances
6. Self Defense – Demonstrate two ways to defend a single hand shoulder grab
7. Combinations
8. Breaking – 2 foot techniques
9. Sparring

## Terminology

Yoshukai – Strive for Excellence

Yoshukai Byword – Patience

Founder – Soke Yuki Koda, 8<sup>th</sup> Degree

Director – Soshu David Koda, 7<sup>th</sup> Degree

Ass't Director – Saiko Shihan Steve Pierce 7<sup>th</sup> degree

Manager – Senpai Adrienne Koda, 3<sup>rd</sup> 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

Fist to hip - Tsuki

Begin - Hajime

Finish - Yame

Attention - Kyotsuke

Belt - Obi

Open Eyes - Kaimoku

Relax – Yasume

### **Five Precepts For Learners**

10. Respect and Manners
11. Be Prudent in Action
12. Be Prudent in Speech
13. Keep High Spirited
14. Keep Yourself Clean

### **Stances (Dachi)**

Front Stance – Zenkutsudachi

Straddle Stance – Shikodachi

Ready Stance – Uchihachiji

Attention Stance – Musobidachi

Immoveable Stance – Fudodachi

### **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

### **Kicks (Geri)**

Front Kick – Mae Geri

Round Kick – Mawashi Geri

Side Kick – Yoko 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