

White Belt to 9th Kyu Yellow Belt

Physical Requirements

1. Ni Jiu Shichi No Kata
2. Basic blocks, kicks, punches, and stances
3. Combinations
4. Breaking – 1 hand and 1 foot technique
5. 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

Instructor – Sensei

Karate School – Dojo

Fist to Hip – Tsuki

Bow – Rei

Yell – Kiyai

Uniform - Gi

Block – Uke

Punch – Tsuki

Kick - Geri

Five Precepts For Learners

1. Respect and Manners
2. Be Prudent in Action
3. Be Prudent in Speech
4. Keep High Spirited
5. Keep Yourself Clean

Counting

one – Ichi	Six – Roku
two – Ni	Seven - Shichi
three – San	Eight – Hachi
Four – Shi	Nine – Kyu
Five – Go	Ten - Jiu

Year US Yoshukai Founded

1969

U.S. Yoshukai Head Quarters

Montgomery, Al