

REQUIREMENTS FOR GOKYU GREEN BELT

All Previous Requirements Plus:

Knowledge:

- Entire Packet
- First and Second Karate Creed

Uke (Blocks/Defense):

- Mawashi Uke (Circular Block) > Going into a Technique
- Parts of the arm that we use

Ukemi (Breakfalls):

- All 6 from Standing Position *Better Quality

Kata:

Kids:

- Ichi-Kyu
- Ni-Kyu Parts 1, 2
- Pinan Shodan
- Sankyu
- Naihanchi Shodan (Start)
- Bokudan (Start)

Adults:

- Ichi-Kyu
- Ni-Kyu Parts 1, 2
- Pinan Shodan
- Sankyu
- Naihanchi Shodan
- Bokudan (Start)

Blocking Exercises:

- Uke Undo
- Mawashi Uke Undo
- Uchi-Soto Undo

Nagewaza (Throwing Techniques):

- O-Soto Gari (Major Outer Reaping Throw)
- O-Goshi (Major Hip Throw)
- Marote-Seio-Nage
- Ippon-Seio-Nage

Tatame Waza (Grappling/Mat Techniques):

- Kesa Getame (Scarf Hold)
- Juji Getame (Cross Arm Lock)
- Shiho Getame (4-Corner Hold)
- Hammer Lock

Shime Waza (Choking Techniques):

- Hadaka Jime (Rear Naked Choke)
- Gi Choke

Kansetsu Waza (Joint Manipulation Techniques):

- Ikkyo > Ude Osae (Arm Pin) > Ikkajo
- Nikyo > Kote Mawashi (Forearm Turn In/Rotation) > Nikajo
- Sankyo > Kote Hineri (Forearm/Wrist Twist) > Sankajo
- Rokyo > Kote Gaeshi (Reverse Wrist Twist) > Rokajo

Basic Knife Defense:**Adults:**

- Straight Attack
- #1 Attack
- 6-Point Drill