

CURRICULUM REQUIREMENTS

Gokyu / Green Belt



Kata (Form)

- Sanchin
- Kanshu

Body Conditioning

- Forearm Conditioning: Targeting
- Leg Conditioning: Targeting

Yakusoku Kumite

- Sequences #1-5 (with partner)

Bunkai

- Kanshiwa Bunkai (complete)

Sparring

- Two 2-Minute Rounds

Terminology & Culture

- See Questions & Answers Sheet

KNOWLEDGE REQUIREMENTS

Gokyu / Green Belt



How do you say, "Right foot in front" in Japanese?	Migi-Ashi-Mae
How do you say, "Left foot in front" in Japanese?	Hidari-Ashi-Mae
Define "free sparring" in Japanese?	Jiyu Kumite
How do you say, "begin" in Japanese?	Hajime
How do you say, "stop" in Japanese?	Yame
How do you say, "high area of the body" in Japanese?	Jodan
How do you say, "middle area of the body" in Japanese?	Chudan
How do you say, "low area of the body" in Japanese?	Gedan
Explain how to be an effective "sempai" while in a karate class.	Open Ended Answer
Explain what a student should do if they are the "kohai" in class.	Open Ended Answer
What is the concept of distance called in Japanese?	Ma-ai
What is the Japanese timing concept of "defend, then counter" known as?	Go-No-Sen
What is the Japanese timing concept of "simultaneously defend and counter" known as?	Sen-No-Sen
What is the Japanese timing concept of "preemptively attacking" known as?	Sen
What rank are you testing for?	Gokyu