

KU YU KAI GO-JU RYU KARATE-DO

Testing Requirements for Youth (under16 yrs)

Rank	Belt	Subject
10-9	Yellow	Basic stance, basic blocking & punching, basic kicking Kata; Hykyu I, Sanchin Sparring
9-8	Orange	Basic stance, basic blocking & punching, basic kicking Kata; Hykyu 1, Gekesai I, Sanchin Sparring
8-7	Orange	1 stripe Basic stance, basic blocking & punching, basic kicking Kata; Gekesai I, Gekesai II, Sanchin Sparring
7-6	Green	Basic stance, basic blocking & punching, basic kicking Waza (hand technique): Shiko dachi Chudan zuki Upper cut strike Heiko dachi Mae Ura Uchi (back fist) Kata; Gekesai II, Gekesai III, Sanchin Sparring
6-5	Green	1 stripe Basic stance & Neko Ashi Dachi, basic blocking & punching, basic kicking & yushiro geri (back kick) Neko Ashi dachi - Mae Geri Waza (hand technique) Shiko dachi Chudan zuki (single punching) Upper cut strike Atemi strike Heiko dachi Mae Ura uchi Yuko Ura uchi Sanchin dachi - Shuto uchi Outside block Hammer hand strike Kata; Gekesai II, Saifa, Sanchin Jumping front kick, side kick to the bag Sparring

5-4 **Blue**

Basic stance & Neko Ashi dachi, basic blocking & punching,
basic kicking & Yushiro geri (back kick)
Mae geri - Yoko geri, Mae geri - Mawashi geri, Neko Ashi dachi Mae geri
Waza (hand technique)

Shiko dachi	Chudan zuki (singing & double punching) Atemi strike
Heiko dachi	Mae Ura uchi Yuko Ura uchi
Sanchin dachi	Shuto uchi (knife hand strike to side of head) Outside block Hammer hand strike

Kata; Gekesai II, Saifa, Sanchin
Jumping front kick, side kick, back kick to the bag
Sparring

4-3 **Brown**

Basic stance, Neko Ashi dachi, basic blocking & punching, basic kicking & Yushiro geri
Mae geri - Yoko geri, Mae geri - Mawashi geri, Mae geri - Yushiro geri,
Neko Ashi dachi - Mae geri
Waza (hand technique)

Shiko dachi	Chudan Zuki (single & double punching) Upper cut strike Atemi strike Kake uke (hook block) head, chest, down
Heiko dachi	Mae Ura Uchi Yuko Ura Uchi Mawashi Ura Uchi
Sanchin dachi -	Shuto uchi (knife hand strike to the side of the neck) Shuto uchi (knife hand strike ti the collarbone) Outside block Hammer hand strike

Kata; Gekesai II, Saifa, Sanchin
Jumping front kick, side kick, Yushiro geri to the bag
Sparring

3-2 **Brown**

Basic stance, Neko Ashi dachi, Taikini dachi, basic blocking & punching, basic kicking
& Yushiro geri
Mae geri - Yoko geri, Mae geri - Mawashi geri, Mae geri - Yushiro geri
Neko Ashi dachi - Mae geri
Waza (hand technique)

Shiko dachi	Chudan zuki (single & double punching) Upper cut strike Atemi strike Kake uke (head, chest, down)
Heiko dachi	Mae Ura Uchi Yuko Ura Uchi Mawashi Ura Uchi
Sanchin dachi	Shuto uchi (knife hand strike to the side of neck) Shuto uchi (knife hand strike to the collarbone) Outside block Hammer hand strike Mawashi tsuki (wheel strike) mawashi uke (wheel block) Joge uke (middle-lower block) Mawashi uchi (round house strike)

Kata; Saifa, Seinchin, Sanchin
Jumping front kick, side kick, Yushiro geri to the bag
Sparring

2-1

Brown 2 stripes

Basic stance, Neko Ashi dachi, Taikini dachi, basic blocking & punching,
basic kicking & Yushiro geri

Mae geri - Yoko geri, Mae geri - Mawashi geri, Mae geri - Yushiro geri

Neko Ashi dachi - Mae geri

Neko Ashi dachi - Mawashi geri

Waza (hand technique)

Shiko dachi	Chudan tsuki (single & double Punching) Upper cut strike Atemi strike Kake uke (head, chest, down) Chudan tsuki (head, chest, down in one count)
Heiko dachi	Mae Ura Uchi Yuko Ura Uchi Mawashi Ura Uchi Hiza ate (knee strike) Kekomi geri (heel kick)
Sanchin dachi -	Shuto uchi (knife hand strike to the of neck) Shuto uchi (knife hand strike to the collarbone) Outside block Hammer hand strike Mawashi uchi (wheel block) Joge uke (middle-lower block) Mawashi uchi (round house strike) Elbow strike to the solarplex Elbow strike to the rib Mawashi tsuke (wheel strike) Soe uke (union block) Haito uchi (sword hand ridge strike)

Kata; saifa, seinchin, Sanchin

Jumping front kick, side kick, Yushiro geri to the bag

Sparring

1

Shodan

Same subjects as 2-1, and adding of the followings

Kata; Shisochin

Bo Kata Dai Ichi

Bo Kumite

Sparring

Written examination