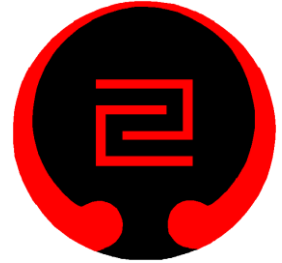


# IOGKF KYU GRADING REQUIREMENTS





## Adult Kyu Grading Kata & Bunkai Requirement

<b>Rank to</b>	<b>Kata</b>	<b>Bunkai</b>
10 <sup>th</sup> Kyu		
9 <sup>th</sup> Kyu	<i>Gekisai Dai Ichi</i> – sequence	
8 <sup>th</sup> Kyu	<i>Gekisai Dai Ichi</i> – good form <i>Gekisai Dai Ni</i> - sequence	
7 <sup>th</sup> Kyu	<i>Gekisai Dai Ni</i> – good form <i>Sanchin</i> - sequence	<i>Gekisai Dai Ichi</i>
6 <sup>th</sup> Kyu	<i>Saifa</i> – sequence	<i>Gekisai Dai Ni</i>
5 <sup>th</sup> Kyu	<i>Saifa</i> – good form <i>Sanchin</i> – good form	<i>Saifa</i>
4 <sup>th</sup> Kyu	<i>Seiyunchin</i> – sequence	<i>Gekisai Dai Ichi Renzoku Bunkai</i>
3 <sup>rd</sup> Kyu	<i>Seiyunchin</i> – good form	<i>Seiyunchin</i> (first 6 <i>bunkai</i> )
2 <sup>nd</sup> Kyu	<i>Shisochin</i> – sequence	<i>Seiyunchin</i> (last 6 <i>bunkai</i> )
1 <sup>st</sup> Kyu	<i>Shisochin</i> – good form	
Shodan		<i>Shisochin</i>

# THE WAY TO 10<sup>TH</sup> KYU

Welcome to the International Okinawan *Goju-Ryu* Karate-Do Federation (IOGKF). This is your first step for the long journey toward mastering traditional Okinawan *Goju-Ryu karate*. Please remember your excitement and the fresh feeling that you have now throughout your journey, which we call “beginners mind”.

The following is the list of requirements for you to go to the next level – 10<sup>th</sup> *Kyu*.

Minimum number of classes – 16

Minimum length of training – 2 months

Have sufficient understanding of the following techniques, knowledge, terminology and have an understanding of etiquette

<p><i>kihon waza</i> (basic techniques)</p> <ul style="list-style-type: none"><li>• <i>jodan age uke</i> (upper rising block)</li><li>• <i>chudan (soto) yoko uke</i> (middle /out/ side block)</li><li>• <i>gedan harai uke / gedan barai</i> (lower sweeping block)</li><li>• <i>seiken zuki</i> (proper fist punch)</li><li>• <i>mae geri</i> (front kick)</li><li>• <i>mawashi geri</i> (roundhouse kick)</li></ul> <p><i>tachi kata</i> (stances)</p> <ul style="list-style-type: none"><li>• <i>musubi dachi</i> (ready stance)</li><li>• <i>heiko dachi</i> (parallel stance)</li><li>• <i>zenkutsu dachi</i> (front stance)</li></ul>	<p><i>unsoku ho</i> (foot work)</p> <ul style="list-style-type: none"><li>• <i>zenkutsu dachi</i></li></ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"><li>• <i>makiwara</i> (focus pad)<ul style="list-style-type: none"><li>○ <i>gyaku zuki</i> (reverse punch)</li><li>○ <i>mae geri</i> (front kick)</li><li>○ <i>mawashi geri</i> (roundhouse kick)</li></ul></li></ul>
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## General knowledge & terminology

- *onagai shimasu* (please teach/help me)
- *arigato gozaimashita* (thank you for teaching/helping me)
- *sayonara* (good bye)
- *sensei* (teacher/instructor)
- *senpai* (senior students)
- *kohai* (junior students)
- *hai Sensei* (yes, teacher)
- *karate* (literally means empty hands, you will find out what is this through your training)
- *dojo* (martial arts school)
- *gi/dogi* (training uniform)
- *obi* (belt)
- *jodan, chudan, gedan* (upper level, middle level, lower level)
- there are many different styles of *karate*, but we train *Goju-Ryu karate*

## History

- *karate* came from Okinawa, Japan

**Once your *sensei* feels you are ready, then you will be invited to grade.**

## THE WAY TO 9<sup>TH</sup> KYU

Congratulations on your promotion to the 10<sup>th</sup> Kyu. Now you are officially part of the *yuKyu-sha* (Kyu ranked members; black belt members are called *yudan-sha*). Train hard and do not forget the beginner's mind.

The following is the list of requirements for you to go to the next level – 9<sup>th</sup> Kyu.

Minimum number of classes – 20

Minimum length of training since last grading – 2 months

Have sufficient understanding of the following techniques, knowledge, terminology and have an understanding of etiquette

<p><i>kihon waza</i> (basic techniques)</p> <ul style="list-style-type: none"> <li>• <i>uraken uchi</i> (back fist strike; front, side &amp; back)</li> <li>• <i>shuto uchi</i> (knife hand strike, upper level side)</li> <li>• <i>age hiji ate</i> (rising elbow strike)</li> <li>• <i>nami gaeshi</i> (foot sweep &amp; stamp)</li> <li>• <i>shikodachi gedan harai uke</i> (lower sweeping block with straddle leg stance)</li> </ul> <p><i>tachi kata</i> (stances)</p> <ul style="list-style-type: none"> <li>• <i>shiko dachi</i> (straddle leg stance)</li> <li>• <i>han zenkutsu dachi</i> (half front stance)</li> <li>• <i>hachiji dachi</i> (natural stance, toes slightly out)</li> </ul> <p><i>unsoku ho</i> (foot work)</p> <ul style="list-style-type: none"> <li>• <i>han zenkutsu dachi</i></li> <li>• <i>shiko dachi</i></li> <li>• <i>heiko dachi suri ashi</i> (sideways,</li> </ul>	<p><i>ido</i> (moving basics)</p> <ul style="list-style-type: none"> <li>• <i>oi zuki</i> (lunge punch)</li> <li>• <i>gyaku zuki</i> (reverse punch)</li> <li>• <i>jodan age uke</i> (upper rising block)</li> <li>• <i>chudan yoko uke</i> (middle outside block)</li> <li>• <i>gedan harai uke</i> (lower sweeping block)</li> <li>• <i>mae geri</i> (front kick)</li> <li>• <i>mawashi geri</i> (roundhouse kick)</li> </ul> <p><i>kata</i></p> <ul style="list-style-type: none"> <li>• Gekisai Dai Ichi (sequence)</li> </ul> <p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• basic blocks with partner (<i>jodan, chudan, gedan</i>)</li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>makiwara - uraken uchi, jodan yoko shuto uchi, chudan age hiji ate</i></li> <li>• <i>kakato otoshi</i></li> </ul>
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### General knowledge & terminology

- *Shugo* (line up)
- *Hajime* (begin)
- *Yame* (stop)
- *Yoi* (ready)
- *Kamae* (fighting pose)
- *Semete* (attacker)
- *Ukete* (defender)
- terminology from previous Kyu level

### History

- Hand to hand combat (*karate*) was developed when the government banned the carrying of weapons in Okinawa
- Previously *karate* was taught secretly, and the *sensei* would carefully observe the person's character before he accepted him as a student

**Once your sensei feels you are ready, then you will be invited to grade.**

## THE WAY TO 8<sup>TH</sup> KYU

Congratulations on your promotion to the 9<sup>th</sup> Kyu. It's about time for you to learn the details of *Gekisai Dai Ichi kata* and some of basic *kumite* (sparring) techniques.

The following is the list of requirements for you to go to the next level – 8<sup>th</sup> Kyu.

Minimum number of classes – 24

Minimum length of training since last grading – 2 months

Have sufficient understanding of the following techniques, knowledge, terminology and have an understanding of etiquette

<p><i>kihon waza</i> (basic techniques)</p> <ul style="list-style-type: none"> <li>• <i>chudan ura zuki</i> (middle level short punch)</li> <li>• <i>jodan age zuki</i> (upper cut)</li> <li>• <i>sanbon zuki</i> (triple punch)</li> <li>• <i>hiza geri</i> (knee kick)</li> <li>• <i>chudan hiki uke</i> (middle level pulling block)</li> <li>• <i>tora guchi</i> (tiger mouth block)</li> <li>• <i>sanbon uke</i> (triple block)</li> </ul> <p><i>tachi kata</i> (stances)</p> <ul style="list-style-type: none"> <li>• <i>neko ashi dachi</i> (cat stance)</li> </ul> <p><i>unsoku ho</i> (foot work)</p> <ul style="list-style-type: none"> <li>• <i>heiko dachi</i> twist 90 degrees back</li> <li>• <i>neko ashi dachi suri ashi</i> (forward, backward, sideways)</li> </ul>	<p><i>ido</i> (moving basics)</p> <ul style="list-style-type: none"> <li>• <i>jodan oi zuki, chudan gyaku zuki</i></li> <li>• <i>mae geri, gyaku zuki</i></li> <li>• <i>mawashi geri, gyaku zuki</i></li> <li>• <i>jodan age uke, gyaku zuki</i></li> <li>• <i>chudan yoko uke, gyaku zuki</i></li> <li>• <i>gedan harai uke, gyaku zuki</i></li> <li>• <i>shiko dachi gedan harai uke</i></li> <li>• <i>one men sandan gi</i></li> </ul> <p><i>kata</i></p> <ul style="list-style-type: none"> <li>• Gekisai Dai Ichi (detail)</li> <li>• Gekisai Dai Ni (sequence)</li> </ul> <p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• <i>kihon ippon kumite (jodan, chudan, gedan)</i></li> <li>• <i>sonoba sandan gi</i></li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>makiwara - hiza geri, jodan age zuki, chudan ura zuki</i></li> <li>• <i>ukemi (mae &amp; ushiro)</i></li> </ul>
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### General knowledge & terminology

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| <ul style="list-style-type: none"> <li>• International Okinawan Goju-Ryu Karate-Do Federation (IOGKF)</li> <li>• <i>kenkon/tenchi</i></li> <li>• <i>mon</i></li> <li>• count to 10 in Japanese</li> <li>• <i>shitsurei shimasu</i></li> <li>• <i>moichido</i></li> <li>• <i>karate-ka</i></li> </ul> | <ul style="list-style-type: none"> <li>• <i>kata</i></li> <li>• <i>kihon</i></li> <li>• <i>kiai</i></li> <li>• <i>zuki / tsuki</i></li> <li>• <i>uchi</i></li> <li>• <i>geri / keru</i></li> <li>• terminology from previous kyu levels</li> </ul> |
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### History

- Sensei Chojun Miyagi (1888 - 1953) - founder of *Goju-Ryu*.
- Sensei Kanryo Higaonna (1853 - 1915) - teacher of Sensei Chojun Miyagi, who went to China to practice Southern Chinese Martial Arts, founder of *Naha-Te*.
- Ryu Ryu Ko - Chinese Martial Arts (Southern Shaolin Style) Master, teacher of Sensei Kanryo Higaonna.
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**Once your sensei feels you are ready, then you will be invited to grade.**

## THE WAY TO 7<sup>TH</sup> KYU

Congratulations on your promotion to the 8<sup>th</sup> Kyu. Now you will start learning the most important *kata* (fundamental *kata*) in our style, *SANCHIN*. The movements of this *kata* look very simple and easy. But you will find this *kata* difficult even after you get your black belt. You will also begin learning the applications of *kata* (*bunkai*).

The following is the list of requirements for you to go to the next level – 7<sup>th</sup> Kyu.

Minimum number of classes – 30

Minimum length of training since last grading – 3 months

Have sufficient understanding of the following techniques, knowledge, terminology and understanding of etiquette

<p><i>kihon waza</i> (basic techniques)</p> <ul style="list-style-type: none"> <li>• <i>kizami zuki</i> (snap punch)</li> <li>• <i>yoko geri</i> (side kick)</li> <li>• <i>kin geri</i> (groin kick)</li> <li>• <i>fumikomi geri</i> (stamping kick)</li> <li>• <i>chudan uchi uke</i> (middle level inside block)</li> <li>• <i>gedan uchi uke</i> (lower level inside block)</li> </ul> <p><i>tachi kata</i> (stances)</p> <ul style="list-style-type: none"> <li>• <i>sanchin dachi</i> (hourglass stance/<i>sanchin</i> stance)</li> </ul> <p><i>unsoku ho</i> (foot work)</p> <ul style="list-style-type: none"> <li>• <i>sanchin dachi</i></li> <li>• <i>neko ashi dachi</i> (turn, 45 degrees forward &amp; backward)</li> </ul> <p><i>ido</i> (moving basics)</p> <ul style="list-style-type: none"> <li>• <i>hiza geri</i></li> <li>• <i>yoko geri</i></li> <li>• <i>mae geri, mawashi geri, gyaku zuki</i></li> <li>• <i>hiki uke, gyaku zuki</i></li> </ul>	<p><i>kata</i></p> <ul style="list-style-type: none"> <li>• Gekisai Dai Ni (detail)</li> <li>• Sanchin (sequence)</li> </ul> <p><i>bunkai</i></p> <ul style="list-style-type: none"> <li>• Gekisai Dai Ichi</li> </ul> <p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• <i>sandan gi</i></li> <li>• basic block with partner – <i>hiki uke</i></li> <li>• <i>kakie</i> – basic</li> <li>• <i>ippon kumite</i> <ul style="list-style-type: none"> <li>○ <i>chudan uchi uke, jodan age zuki</i></li> <li>○ <i>gedan uchi uke, chudan gyaku zuki</i></li> <li>○ <i>chudan hiki uke, chudan mawashi geri, chudan gyaku zuki</i></li> </ul> </li> <li>• <i>ude tanren (kote gatae) chudan gedan</i> inside &amp; outside</li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>makiwara - yoko geri, kingeri, kizami zuki</i></li> <li>• <i>tai otoshi</i></li> </ul>
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### General knowledge & terminology

- *seiza*
- *mokuso*
- *dojo kun*
- *mae/yoko/migi/hidari/ushiro/naname*
- *ashi kaete*
- *shomen/shimoza*
- *joseki/shimoseki*
- The main purpose of martial training is to improve yourself physically, mentally and spiritually
- Terminology from previous *kyu* levels

### History

- Sensei Anichi Miyagi - Direct/last student of Sensei Chojun Miyagi, and teacher of Sensei Morio Higaonna
- Sensei Morio Higaonna - 1st Chairman and International Chief Instructor of IOGKF
- IOGKF was formed in 1979 by Sensei Morio Higaonna
- *Bodhi Dharma* - 5th century *Zen* Buddhist monk who had a major influence on development of martial arts

**Once your sensei feels you are ready, then you will be invited to grade.**

## THE WAY TO 6<sup>TH</sup> KYU

Congratulations on your promotion to the 7<sup>th</sup> Kyu. Now, you will learn *Saifa kata*, which has many unique whip-like techniques and a one leg stance call "*sagi ashi dachi* (stork stance)". This will be a big challenge and it will be fun to learn *Saifa kata*. You are going to the intermediate level and will start studying the art in depth.

The following is the list of requirements for you to go to the next level – 6<sup>th</sup> Kyu.

Minimum number of classes – 35

Minimum length of training since last grading – 3 months

Have sufficient understanding of the following techniques, knowledge, terminology and understanding of etiquette

<p><i>kihon waza</i> (basic techniques)</p> <ul style="list-style-type: none"> <li>• <i>tateken zuki</i> (vertical fist punch)</li> <li>• <i>haito uchi</i> (ridge hand strike)</li> <li>• <i>ushiro geri</i> (back kick)</li> <li>• <i>sukui uke</i> (scooping block)</li> <li>• <i>kaishu gedan harai uke</i> (open hand lower level sweeping block)</li> </ul> <p><i>tachi kata</i> (stances)</p> <ul style="list-style-type: none"> <li>• <i>sagi ashi dachi</i> (stork stance)</li> </ul> <p><i>unsoku ho</i> (foot work)</p> <ul style="list-style-type: none"> <li>• <i>sagi ashi dachi</i> (side step)</li> </ul> <p><i>ido</i> (moving basic)</p> <ul style="list-style-type: none"> <li>• <i>mae geri, mawashi geri, yoko geri</i></li> <li>• <i>chudan uchi uke, jodan age zuki</i></li> <li>• <i>gedan uchi uke, chudan ura zuki</i></li> <li>• <i>yoko geri (hachiji dachi, side step)</i></li> <li>• <i>shiko dachi gedan harai uke, zenkutsu dachi chudan gyaku zuki, shiko dachi gedan harai uke</i></li> </ul>	<p><i>kata</i></p> <ul style="list-style-type: none"> <li>• Saifa (sequence)</li> </ul> <p><i>bunkai</i></p> <ul style="list-style-type: none"> <li>• Gekisai Dai Ni</li> </ul> <p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• basic block – <i>chudan uchi uke, gedan uchi uke, jodan shotei uchi uke</i></li> <li>• <i>ude tanren</i> combination</li> <li>• <i>hachiji sabaki (chudan uchi uke, gedan uchi uke)</i></li> <li>• <i>kakie</i> with <i>suri ashi</i></li> <li>• <i>kakie</i> with balance breaking techniques</li> <li>• <i>irikumi ju</i></li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>makiwara</i> – <i>tateken zuki, haito uchi, ushiro geri</i></li> <li>• <i>ten tsuki</i> (single hand, double hands)</li> <li>• <i>furi sute</i></li> <li>• <i>ukemi (yoko, mae, kaiten)</i></li> </ul>
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### General knowledge & terminology

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| <ul style="list-style-type: none"> <li>• <i>kime</i></li> <li>• <i>budo</i></li> <li>• <i>do</i></li> <li>• <i>honbu</i></li> <li>• <i>yudansha</i></li> <li>• <i>mudansha</i></li> <li>• <i>waza</i></li> </ul> | <ul style="list-style-type: none"> <li>• <i>gorei nashi</i></li> <li>• <i>mawatte</i></li> <li>• <i>irikumi</i></li> <li>• <i>reigi/reishiki</i></li> <li>• Difference between <i>karate</i> and <i>karate-do</i></li> <li>• Terminology from previous <i>kyu</i> levels</li> </ul> |
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### History

- Four major Japanese *karate* styles, *Goju-Ryu*, *Shotokan*, *Wado-Ryu*, *Shito-Ryu*.
- Sensei Jin'an Shinzato – the top student, *uchi deshi*, and intended successor of Sensei Chojun Miyagi, died during World War II.
- *Goju-Ryu* was the first official style name in all *karate* styles.
- *Karate* was originally called "*te*" (martial arts) or "*tode*" (Chinese martial arts) in Okinawa.

**Once your sensei feels you are ready, then you will be invited to grade.**



# THE WAY TO 5<sup>TH</sup> KYU

Congratulations on your promotion to the 6<sup>th</sup> *Kyu*. At this level, you should be able to conduct the opening and closing ceremonies. You may start helping other junior students, so make sure all your manners, terminology and techniques are correct.

The following is the list of requirements for you to go to the next level – 5<sup>th</sup> *Kyu*.

Minimum number of classes – 35

Minimum length of training since last grading – 3 months

Have sufficient understanding of the following techniques, knowledge, terminology and understanding of etiquette

<p><i>kihon waza</i> (basic techniques)</p> <ul style="list-style-type: none"> <li>• <i>mawashi hiji ate</i> (roundhouse elbow strike)</li> <li>• <i>ushiro hiji ate</i> (back elbow strike)</li> </ul> <p><i>Ido</i> (moving basics)</p> <ul style="list-style-type: none"> <li>• <i>chudan uchi uke, haito uchi</i></li> <li>• <i>gedan uchi uke, jodan tateken zuki</i></li> <li>• <i>neko ashi dachi, hiki uke</i></li> <li>• <i>neko ashi dachi, hiki uke, mae ashi kin geri</i></li> <li>• <i>neko ashi dachi, hiki uke, zenkutsu dachi, gyaku zuki, neko ashi dachi, hiki uke</i></li> </ul> <p><i>kata</i></p> <ul style="list-style-type: none"> <li>• Saifa (good <i>kata</i>)</li> <li>• Sanchin (good form)</li> </ul>	<p><i>bunkai</i></p> <ul style="list-style-type: none"> <li>• Saifa</li> </ul> <p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• basic block – <i>sukui uke, kaishu gedan harai uke</i></li> <li>• <i>kakie – kote gaeshi</i></li> <li>• <i>kakie – Gekisai Dai Ni hiki uke bunkai (nodo tsukami)</i></li> <li>• thigh conditioning</li> <li>• stomach conditioning</li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>makiwara – mawashi hiji ate, ushiro hiji ate</i></li> <li>• <i>chiishi</i> – front &amp; back/side to side</li> <li>• <i>neko undo</i></li> </ul>
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## General knowledge & terminology

- *dojo kun* in Japanese and its meaning
- opening & closing ceremony in Japanese
- *gasshuku*
- *zenshin*
- *kotai*
- *kyu*
- *dan*
- *ryu*
- Traditional Japanese martial arts (*karate-do, judo, kendo, aikido, jujutsu, kobudo*)
- Characteristics of Goju-Ryu (close fighting, *hojo undo*, circular movements, Southern Chinese martial arts influence, Sanchin, unique breathing method)
- Main objective of IOGKF is to preserve traditional Goju-Ryu *karate* as an intangible cultural treasure and pass it on to the next generation. By teaching *karate*, we educate people to be better human beings and to make society a better place to live
- Terminology from previous *kyu* levels

## History

- Your own lineage
- Sensei Anichi Miyagi started training *karate* under Sensei Chojun Miyagi after World War II
- Sensei Shuichi Aragaki - Direct student of Sensei Chojun Miyagi, trained with Sensei Anichi Miyagi, IOGKF technical advisor
- Three major Okinawan *karate* styles were Naha-Te, Shuri-Te, Tomari-Te

**Once your *sensei* feels you are ready, then you will be invited to grade.**

# THE WAY TO 4<sup>TH</sup> KYU

Congratulations on your promotion to 5th *Kyu*. Now you will learn *Seiyunchin kata*. This *kata* is very unique with a variety of movements. There are no kicks in this *kata*, but you will find out that it makes your legs stronger. The *kata* has both smooth heavy sticky movements (*muchimi*) and spring-like fast movements (*chiru no chan chan*).

The following is the list of requirements for you to go to the next level – 4<sup>th</sup> *Kyu*.

Minimum number of classes – 40

Minimum length of training since last grading – 3 months

Have sufficient understanding of the following techniques, knowledge, terminology and have proper *dojo* etiquette

<p><i>kihon waza</i> (basic techniques)</p> <ul style="list-style-type: none"> <li>• <i>shotei zuki</i> (palm heel thrust)</li> <li>• <i>shuto uchi</i> (front- <i>jodan</i>, <i>gedan</i>)</li> <li>• <i>tobi mae geri</i> (jumping front kick)</li> </ul> <p><i>tachi kata</i> (stances)</p> <ul style="list-style-type: none"> <li>• <i>bensoku dachi</i> (cross leg stance)</li> <li>• <i>renoji dachi</i> (checkmark stance)</li> </ul> <p><i>ido</i> (moving basics)</p> <ul style="list-style-type: none"> <li>• <i>jodan mawashi hiji ate</i>, <i>jodan uraken uchi</i>, <i>chudan ura zuki</i></li> <li>• <i>jodan shotei uchi</i>, <i>shuto uchi</i></li> </ul> <p><i>kata</i></p> <ul style="list-style-type: none"> <li>• <i>Seiyunchin</i> (sequence)</li> </ul> <p><i>bunkai</i></p> <ul style="list-style-type: none"> <li>• <i>Gekisai Dai Ichi renzoku bunkai</i></li> </ul>	<p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• <i>kakie</i> - <i>Gekisai Dai Ichi #4 (shuto uchi)</i></li> <li>• <i>kakie</i> – <i>seiken zuki (jodan, chudan, gedan)</i></li> <li>• <i>kakie</i> – <i>jodan shuto uchi</i></li> <li>• <i>kakie</i> – <i>chudan age hiji ate</i></li> <li>• <i>kakie</i> – <i>jodan mawashi hiji ate</i></li> <li>• <i>kakie</i> – <i>gedan kin geri</i></li> <li>• shoulder conditioning</li> <li>• back conditioning</li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>makiwara</i> (focus pad) – <i>shotei zuki</i>, <i>shuto uchi</i>, <i>tobi mae geri</i></li> <li>• <i>chiishi</i> - rotate &amp; push</li> <li>• <i>chiishi</i> - swing around body &amp; pick up</li> <li>• <i>nigiri game</i> - <i>Sanchin</i> step</li> </ul>
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## General knowledge & terminology

- *junbi undo*
- *hojo undo*
- *makiwara*
- *gyaku waza*
- *hazushi waza*
- *nage waza*
- *ne waza*
- *zanshin*
- *morote*
- *morote waza*
- *bushi* (means *samurai* warrior in main land Japan, superb martial artist in Okinawa)
- *kobudo* (*bo*, *sai*, *nunchaku*, *kama*)
- vital points - chest & stomach area
- terminology from previous *kyu* levels

## History

- Sensei Chojun Miyagi created *Gekisai Dai Ichi*, *Gekisai Dai Ni*, *Tensho kata*, *junbi undo* and *zenshin kotai Sanchin*
- Sensei Chojun Miyagi created *Gekisai Dai Ichi*, *Gekisai Dai Ni* in 1940's to promote *karate* to the younger generation
- Sensei Chojun Miyagi named his martial art "*Goju-Ryu*" from one of eight martial arts principals (poems) from *Bubishi*
- Sensei Kanryo Higaonna went to Fuzou, China to learn martial arts when he was about 15 years old
- Sensei Chojun Miyagi and Sensei Kanryo Higaonna were called "*bushi* (superb martial artist)" in Okinawan society
- *Kobudo* was developed for the same reason as *karate*, as weapons were banned

**Once your *sensei* feels you are ready, then you will be invited to grade.**

# THE WAY TO 3<sup>rd</sup> KYU

Congratulations on your promotion to 4<sup>th</sup> *Kyu*. You are one step before the advanced *Kyu* level (brown belt). Now I want you to look back and see how far you have come from the day you started *karate* training. You have come a long way. But at the same time, you should be able to see how far you can go and improve yourself. Remember what I said on the way to 10th *Kyu*, “Don’t forget the beginner’s mind”. Many people feel that they know a lot when they get to this level. You have to be humble enough to realize that you don’t know anything yet. Nothing can be added to a full bucket.

The following is the list of requirements for you to go to the next level – 3<sup>rd</sup> *Kyu*.

Minimum number of classes – 45

Minimum length of training since last grading – 4 months

Have sufficient understanding of the following techniques, knowledge, terminology and have proper *dojo* etiquette

<p><i>kihon waza</i> (basic techniques)</p> <ul style="list-style-type: none"> <li>• <i>nukite zuki</i> (knife hand punch) <i>jodan</i>, <i>chudan</i>, <i>gedan</i></li> <li>• <i>furi zuki</i> (swing punch)</li> <li>• <i>kaiten ushiro geri</i> (spinning back kick)</li> </ul> <p><i>tachi kata</i> (stances)</p> <ul style="list-style-type: none"> <li>• <i>heisoku dachi</i> (feet together stance)</li> </ul> <p><i>unsoku ho</i> (foot work)</p> <ul style="list-style-type: none"> <li>• <i>bensoku dachi</i></li> <li>• <i>renoji dachi</i></li> </ul> <p><i>ido</i></p> <ul style="list-style-type: none"> <li>• <i>mae geri</i>, <i>mawashi geri</i>, <i>kaiten ushiro geri</i></li> <li>• <i>mae geri</i>, <i>mawashi geri</i>, <i>yoko geri</i>, <i>kaiten ushiro geri</i></li> </ul>	<p><i>kata</i></p> <ul style="list-style-type: none"> <li>• <i>Seiyunchin</i> (good <i>kata</i>)</li> <li>• <i>Sanchin</i> (good form &amp; breathing)</li> </ul> <p><i>bunkai</i></p> <ul style="list-style-type: none"> <li>• <i>Seiyunchin</i> (first 6 <i>bunkai</i>)</li> </ul> <p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• <i>sandan gi – suri ashi</i></li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>makiwara – furi zuki</i>, <i>kaiten ushiro geri</i></li> <li>• <i>chiishi</i> – swing &amp; thrust with <i>naname shiko dachi</i></li> <li>• <i>chiishi</i> – squeeze (up, down &amp; rotate, forward)</li> </ul>
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## General knowledge & terminology

- *renzoku*
- *kenpo hakku*
- *heijo shin (fudo shin)*
- *sabaki / tai sabaki*
- *shihan*
- *Bubishi*
- *muchimi*
- *chiru no chan chan*
- *chin kuchi kakin*
- *shime jurasan*
- there are 12 *kata* in Goju-Ryu
- vital points – face area
- Asian martial arts, *taekwondo* (Korea), *wushu*, *tai chi* (China), Muay Thai kick boxing (Thailand)
- terminology from previous *kyu* levels

## History

- Sensei Kanryo Higaonna and Sensei Chojun Miyagi taught only *Sanchin* and *hojo undo* to their students for the first couple of years of their training
- Sensei Ryuko Aragaki - first *karate* teacher of Sensei Chojun Miyagi, grandfather of Sensei Shuichi Aragaki
- *Naha-Te*, the martial art form that Sensei Kanryo Higaonna taught
- Sensei Chojun Miyagi went to China for the first time in 1915

**Once your *sensei* feels you are ready, then you will be invited to grade.**

# THE WAY TO 2<sup>nd</sup> KYU

Congratulations on your promotion to 3<sup>rd</sup> Kyu. Now you are a brown belt, an advanced Kyu level student. You will learn *Shisochin kata*, which is the last *kata* before your black belt grading. Yes, it's time for you to start preparing for your black belt grading. Make sure that you have good basics, *kata*, *kumite* as well as a good understanding of *Goju-Ryu* philosophy, history and manners. We recommend going through all the techniques, history and terminology from 10th Kyu.

The following is the list of requirements for you to go to the next level – 2<sup>nd</sup> Kyu.

Minimum number of classes – 45

Minimum length of training since last grading – 4 months

Have sufficient understanding of the following techniques, knowledge, terminology and have proper *dojo* etiquette

<p><i>kihon</i></p> <ul style="list-style-type: none"> <li>• <i>kagi zuki</i> (hook punch)</li> <li>• <i>kansetsu geri</i> (joint kick)</li> <li>• <i>jodan ko uke</i> (upper level wrist block)</li> </ul> <p><i>ido</i></p> <ul style="list-style-type: none"> <li>• <i>jodan oi zuki, jodan furi zuki</i></li> <li>• <i>jodan oi zuki, chudan gyaku zuki, jodan kaki zuki</i></li> <li>• <i>neko ashi dachi, kaishu sandan uke</i></li> </ul> <p><i>kata</i></p> <ul style="list-style-type: none"> <li>• Shisochin (sequence)</li> <li>• Sanchin (good <i>kata</i>)</li> </ul> <p><i>bunkai</i></p> <ul style="list-style-type: none"> <li>• Seiyunchin (<i>last 6 bunkai</i>)</li> </ul>	<p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• basic blocks with partner – <i>jodan ko uke</i></li> <li>• <i>sandan gi</i> – open hand blocks</li> <li>• <i>kakie – hiji tori</i> (Shisochin)</li> <li>• <i>kakie – jodan ude garami</i></li> <li>• <i>ippon kumite</i> <ul style="list-style-type: none"> <li>○ <i>chudan hiki uke, kansetsu geri</i></li> <li>○ <i>chudan yoko uke, jodan kagi zuki</i></li> </ul> </li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>makiwara – furi zuki, kagi zuki</i></li> <li>• <i>kongo ken – twist</i></li> <li>• <i>kongo ken – lift up</i></li> <li>• <i>kongo ken – shiko dachi squat</i></li> </ul>
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## General knowledge & terminology

- *kaishu gata*
- *heishu gata*
- *sho dan, ni dan, san dan, yon dan, go dan, rok udan, shichi dan, hachi dan, kyu dan, ju dan*
- *ritsu rei*
- *za rei*
- *hoshin*
- vital points – arm & hand
- Tournament terminology (*hajime, yame, tsuzukete hajime, jogai, atenaiyoni, tsukami, mubobi, keikoku, hansoku chui, shikkaku, hantei, aka, shiro*)
- terminology from previous *kyu* levels

## History

- Sensei Kanryo Higaonna's nickname was "*ashi (legs) no Higaonna*" because of his superb kicking techniques
- Both Sensei Kanryo Higaonna and Chojun Miyagi taught *karate* at Naha Shogyo Koko (Naha Commercial High School)
- Sensei Chojun Miyagi created *Tensho kata* in 1926 from the Chinese form called *Rokkishu*
- Sensei Kanryo Higaonna is the among the first to teach *karate* publicly

**Once your sensei feels you are ready, then you will be invited to grade.**

# THE WAY TO 1<sup>st</sup> KYU

Congratulations on your promotion to 2<sup>nd</sup> Kyu. The biggest goal of the majority of people who start *karate* is to become a black belt. You are almost there. All the years of hard training finally have brought you to be one step before black belt level. Start preparing for your black belt grading physically, technically and mentally. A black belt grading is different than any other Kyu grading.

The following is the list of requirements for you to go to the next level – 1<sup>st</sup> Kyu

Minimum number of classes – 50

Minimum length of training since last grading – 4 months

Have sufficient understanding of the following techniques, knowledge, terminology and have proper *dojo* etiquette

<p><i>kihon</i></p> <ul style="list-style-type: none"> <li>• <i>jodan haishu/haiwan age uke</i> (upper level back hand rising block)</li> <li>• <i>chudan haishu/haiwan otoshi uke</i> (middle level back hand dropping block)</li> </ul> <p><i>ido</i></p> <ul style="list-style-type: none"> <li>• <i>neko ashi dachi chudan haishu otoshi uke</i></li> <li>• <i>neko ashi dachi chudan hiki uke, mae ashi kin geri, zenkutsu dachi chudan gyaku zuki, neko ashi dachi chudan hiki uke</i></li> <li>• <i>neko ashi dachi chudan chudan haishu otoshi uke, mae ashi kin geri, zenkutsu dachi chudan gyaku zuki, neko ashi dachi chudan haishu otoshi uke</i></li> </ul> <p><i>kata</i></p> <ul style="list-style-type: none"> <li>• Shisochin (good <i>kata</i>)</li> </ul>	<p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• basic block with partner – <i>jodan haishu age uke, chudan haishu otoshi uke</i></li> <li>• <i>sandan gi – neko ashi dachi</i> open hand block</li> <li>• <i>niohn kumite</i> (two attacks sparring)</li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>kongo ken</i> – chest &amp; shoulder push</li> <li>• <i>kongo ken</i> – catch &amp; push (two men)</li> <li>• <i>Ishi sashi</i> – Shisochin, <i>nukite zuki</i></li> <li>• <i>Ishi sashi</i> – Shisochin <i>shotei zuki</i></li> <li>• <i>ishi sashi</i> – <i>shiko dachi</i> open and close</li> <li>• <i>Ishi sashi</i> – bent over open &amp; close</li> </ul>
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## General knowledge & terminology

- *uchi deshi*
- *unsoku ho*
- *josokutei*
- *kakato*
- *sokuto*
- *haisoku*
- *tsumasaki*
- *kasokutei*
- vital points – leg & foot
- terminology from previous *kyu* levels

## History

- Sensei Chojun Miyagi's childhood name was "Machu"
- Sensei Chojun Miyagi introduced the *kongoken* after observing professional wrestlers training with it in Hawaii
- In 1915, Sensei Chojun Miyagi traveled to China first time for his research of martial arts
- In 1934, Sensei Chojun Miyagi traveled to Hawaii to promote *karate*

**Once your sensei feels you are ready, then you will be invited to grade.**

## THE WAY TO SHODAN

Congratulations on your promotion to 1<sup>st</sup> Kyu. By now, you should have learned all of the basic skills and knowledge to become a black belt. At this stage, you have to prepare yourself for your upcoming black belt grading. Make sure all of your basic techniques are in good shape, work on small details in *kata*, and understand the terminology and history, and manners, inside and outside of the *dojo*. Ask your *sensei* or *senpai* to check your *kata* and *bunkai*. This is the time that you have to find out all of your bad habits and correct them.

The following is the list of requirements for you to go to the next level – *shodan*

Minimum length of training since last grading – 6 months

Have sufficient understanding of the following techniques, knowledge, terminology and have proper *dojo* etiquette

<p><i>unsoku ho</i></p> <ul style="list-style-type: none"> <li>• <i>neko ashi dachi shiho sabaki</i> (four direction step)</li> </ul> <p><i>bunkai</i></p> <ul style="list-style-type: none"> <li>• <i>Shisochin</i></li> </ul> <p><i>kumite</i></p> <ul style="list-style-type: none"> <li>• <i>kakie – shuto uchi nage</i> (Gekisai Dai Ichi),</li> <li>• <i>kakie – gedan mae geri, chudan age hiji ate, uraken uchi</i> (Gekisai Dai Ichi)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>kakie – awase zuki</i> (Gekisai Dai Ichi)</li> <li>• <i>kakie – toraguchi oshi</i> (Gekisai Dai Ni)</li> <li>• <i>kakie – gedan ude garami</i></li> <li>• <i>kakie – ashi garami</i></li> <li>• <i>kakie – hiji tori, ashi garami</i></li> <li>• <i>jiyu ippon kumite</i> (free one attack sparring)</li> </ul> <p><i>hojo undo</i> (supplemental training)</p> <ul style="list-style-type: none"> <li>• <i>udetate ryoashi ashi geri otoshi</i></li> <li>• <i>kusshin tobi</i> (squat jump)</li> <li>• <i>nigiri game – shiko dachi</i></li> <li>• <i>nigiri game – neko ashi dachi</i></li> </ul>
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### General knowledge & terminology

- body parts in Japanese
- vital point – front
- terminology from previous *Kyu* levels

### History

- Sensei Chojun Miyagi went to Shanghai, China in 1936 for research and to build friendships with Chinese martial artists
- In 1926, Sensei Chojun Miyagi established the Karate KenKyu Club in Naha with masters from other Okinawa *karate* styles, Chomo Hanashiro, Choyu Motobu, and Kenwa Mabuni
- The purpose of the Karate KenKyu Club was to ensure the preservation of *karate* as an intangible cultural treasure in Okinawa for all time, to bring the *karate* community of the island into one cohesive force, to transmit traditional *karate* to future generations both in Okinawa and elsewhere, and to elevate *karate* in the eyes of the Japanese, bringing it to the level already enjoyed by *judo* and *kendo*.

**Once your *sensei* feels you are ready, then you will be invited to grade.**