

9th Kyu Yellow Belt to 8th Kyu Yellow Belt

Physical Requirements

1. Ni Juu Shichi No Kata
2. Kihon Kata Shodan
3. Basic blocks, kicks, punches, and stances
4. Self Defense – Demonstrate two ways to defend a single wrist grab
5. Combinations
6. Breaking – 1 hand and 1 foot technique
7. 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

U.S. Yoshukai Founded - 1969

U.S. Yoshukai Headquarters – Montgomery, Al

Years Master Koda lived – 1944 - 1997

Instructor – Sensei

Karate School – Dojo

Fist to Hip – Tsuki

Bow – Rei

Yell – Kiyai

Uniform – Gi

Close Eyes – Mokutsuo

Counting 1 – 10 in Japanese

Fist to hip - Tsuki

Begin - Hajime

Finish - Yame

Attention - Kiyotsuke

Belt - Obi

Open Eyes - Kaimoku

Relax – Yasume

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

Stances (Dachi)

Front Stance – Zenkutsudachi

Straddle Stance – Shikodachi

Ready Stance – Uchihachiji

Attention Stance – Musobodachi

Immoveable Stance – Fudodachi

Blocks (Uke)

Upper Block – Jodan Uke

Inside Center Block – Chuudan Uchi Uke

Outside Center Block – Chuudan Soto Uke

Down Block – Gedan Uke

Crosshand Block – Juji Uke

Kicks (Geri)

Front Kick – Mae Geri

Round Kick – Mawashi Geri

Side Kick – Yoko Geri

Strikes

Upper Punch – Jodan Tsuki

Center Punch – Chuudan Tsuki

Down Punch – Gedan Tsuki

Elbow Strike Embi

Knife Hand – Shuto

Reverse Punch – Gyaku Tsuki

Back Fist – Uraken

Palm Strike - Shote