

Regarding Exams...

As a rule formal belt exams are *not* given during regular class times, but scheduled accordingly.

A belt exam generally requires that the student has ample time in which to practice, study and prepare. As such, the student will be notified when he or she is believed to be ready for their belt test. Although we try to schedule particular days specifically for exams, we'll do our best to plan your test at least one week ahead, and when it best fits with your schedule.

Our fee for all formal Belt Exams from Gold through Brown is \$20.00

Preparing for your first Belt Exam.

Study Hard. And practice hard. Always show good spirit. Use your hard copy and on-line resources and pay attention in class. If you are posted to take test, we know you're ready. So try not to be nervous. Most important...Be the best you can be, and do the best you can do!

HACHIKYU (Gold Belt)

WAZA (Techniques):

- Juntsuki,
- Kette Juntsuki
- Juntsuki No-Tsukomi
- Kette Juntsuki No-Tsukomi
- Gyakutsuki
- Kette Gyakutsuki

DACHI (Stances::

- Musubi Dach
- Hachiji Dach
- Zenkutsu Dach
- Sheiko Dach
- Juntsuki No-tsukomi Dach
- Gyakutsuki Dach

GERI WAZA (Kicking Techniques):

- Maegeri
- Mawashigeri

---Both at chudan level)

UKE WAZA (Blocks):

- Gedan Uke
- Soto Uke
- Jodan Uke

KATA (Forms):

- Ippon Kumite Kata 1 – 6

RENRAKU (Combinations/Attacks):

- Kette Juntsuki (Form)

GOI (Vocabulary): Bushido, Sempai, Kiai, Yudansha, Nao-Rei, Tachi-Rei

JUNBI UNDO (Exercises):

75 Jumping Jacks, 20 sit-ups, 10 Proper knuckle Pushups

Remember, be and do the very best you can be....Your true spirit will Shine through!!

Preparing for your second Belt Exam

Think clearly about everything you've learned so far.

Pay attention! Remember....If you're not listening, you won't hear. If you don't hear, you won't get it....Got it?

SHICHIKYU (Orange Belt)

You must have passed all requirements through Hachikyu plus...

RENRAKU (Combinations/Attacks)

- Suri Ashi Maegeri With Gyakutsuki

KATA (Forms)

- Kihon Kata Ichi
- Kihon Kata Ni

GOI (Vocabulary) Dachi, Kiotsuki, Tachi Rei, Gedan, Chudan, Jodan

JUNBI UNDO (Exercises)

75 Jumping Jacks, 15 Proper Crunches, 10 Proper Knuckle Push ups

Learn and Memorize three Codes of Conduct from the Dojo-Kun

By now, you should be able to answer simple questions about everything so far, including sharing what you've learned about Wado Karate, Sensei Patterson and Master Ohtsuka.

Don't be discouraged...keep training. You're getting every day!

Preparing For Your Blue Belt Exam

Your next exam is an important step as you continue on your way to becoming a true karateka.

Look back, and try to remember everything that you've learned and experienced since the first day walked onto the Dojo floor. As you do, ask yourself....

What's the Most important thing I've learned about karate?

What's the most important thing I've learned about myself?

What can I do to become better at karate?

What can I do to become a better person?

ROKUKYU (Blue Belt)

All requirement through Shichi-Kyu, plus...

DACHI (Stances)

- Shizentai
- Mahanmi Neko Ashi Dachi

UKE WAZA (Blocks)

- Shuto Uke,
- Tetsui Uke

DEFENSIVE TECHNIQUES

- Side-Step Maewashigeri
- Side-Step Gyakuzuki

RENRAKU (Combinations/Attacks)

- Gyakuzuki Maewashigeri

KATA (Forms)

- Pinan Nidan

GOI (Vocabulary) Shomen Ni Rei, Sensei Ni Rei, Otagai Ni Rei, Kohai

JUNBI UNDO (Exercises)

100 Jumping Jacks, 25 Crunches, 15 Knuckle Push-ups

Learn and memorize 4-6 Codes of conduct from the Dojo-Kun.

You should be prepared to perform any block, seiken, kick and stances that you've learned so far, on command.

All your techniques and kata should be performed with proper speed, balance, snap, and above all, with good spirit!

Ask yourself this question: Am I setting an example I would want to follow?

GOKYU (Purple Belt)

All requirements through Roku-Kyu, and.....

KIHON WAZA (Basic Techniques)

- Gyakutsuki No-Tsukomi
- Tobi Komi Tsuki

DACHI (Stances)

- Shomen Neko Ashi Dachi
- Heisoku Dachi

TE WAZA (Hand Techniques)

- Haito
- Haeshu
- Uchiken
- Nihon Nukite

UKE WAZA (Blocks)

- Uchi Uke
- Ude Uke

RENRAKU (Combinations/Attacks)

- Stutter Gyakutsuki

KATA (Forms)

- Pinan Shodan
- Pinan Sandan

GOI (Vocabulary) Koshi, Kime, Kekomi, Mokuso, Sokuto

By now, you should be performing all kicks, blocks and hand techniques with the proper speed, focus, power, rotation, and snaps.

All kata must demonstrate your knowledge of the proper position of your hands and feet (stances); and should be performed with speed, power, focus and above all....Spirit!

Pay Attention....! You will be asked to teach one kata to the rest of your classmates. Be prepared!

YONKYU (Green Belt)

All requirements through Go-Kyu, plus...

UKE WAZA (Defensive Techniques)

- Nagashi Tsuki

DACHI (Stances)

- Kokutsu Dachi

GERI WAZA (Kicks)

- Suri Ashi Yoko Geri
- Haku Geri
- Ushiro-Geri

(All from Zenkutsu Dachi and Sheiko Dachi)

TE WAZA (Hand Techniques)

- Ippon Nukite

UKE WAZA (Blocks)

- Kakae Uke
- Moroto Uke (Gedan, chudan and Jodan levels)

RENRAKU (Combinations/Attacks)

- Stutter Mawashigeri
- Tobe Komi Tsuki Maegeri
- Tobe Komi Tsuki Maewashigeri

KATA (Forms)

- Pinan Yon-Dan
- Pinan Go-Dan

GOI (Vocabulary) Zanshin, Taisabaki, Kamae

SANKYU (Brown Belt / 3rd Degree)

The tradition of this very important examination is to test you....and your knowledge of everything you have learned as a karateka up to this point: including all techniques, all kata and your understanding of all vocabulary.

Candidates must spend one night in the Dojo, and will be tested the following morning.

NIKYU (Brown Belt / 2nd Degree)

KATA

- Nihanchi

IKYU (Brown Belt / 1st Degree)

KATA

- Kushanku