

5th Kyu Green Belt to 4th Kyu Green Belt

1. Seisan
2. Nunchaku – Kihon Kata Shodan
3. Combination: Slow motion kicks four directions
4. Breaking – Side Kick (two boards), 1 hand technique and Spinning back kick
5. Ippon Kumite: 9 & 10

4th Kyu Green Belt to 3rd Kyu Brown Belt

1. Bo – Kihon Kata Shodan,
2. Combination: Front kick, spinning back hook kick, run kick
3. Breaking – Spinning back kick (two boards), side kick (two boards), 1 hand technique
4. Ippon Kumite: 11 & 12

3rd Kyu Brown Belt to 2nd Kyu Brown Belt

1. Niseishi
2. Bo – Kihon Kata Nidan
3. Sai – Zenshin Kotai
4. Combination:
 - A. Slide forward out side center block, back fist, reverse punch, spinning hook kick and run kick without put foot down
 - B. Spinning run kick, tornado kick, back fist, reverse punch
5. Breaking – Spinning back kick (two boards), side kick (two boards), 1 hand technique
6. Ippon Kumite: 13 & 14

2nd Kyu Brown Belt to 1st Kyu Brown Belt

1. Ro Hai Sho
2. Bo – Kihon Kata Sandan
3. Sai – Shiho Hai
4. Breaking – Spinning back kick (two boards), side kick (two boards), 1 hand technique
5. Ippon Kumite: No. 15

BLACK BELT PHYSICAL TESTING REQUIREMENTS

The following requirements are the physical requirements that each student must know in order to attempt to test for their Black Belt. Students are responsible for knowing and performing all previously tested material, including katas, weapons, Ippon Kumite, self-defense techniques and basics.

NOTE: Required sets of combinations must consist of 5 sets of combinations, 5 different techniques in each set, one technique in each set must be a spinning or jump kick. Breaking must be SPEED breaking. It must be one continuous motion.

1st Kyu Brown Belt to Shodan

- (Testing fee - \$150.00)
(Embroidered Belt - \$75.00 – optional)
1. Nunchaku – Yoshu
 2. Bo – Ryu-ken
 3. Sai – Ro Hai Sho
 4. 5 Self-Defense against 2 attackers
 5. Breaking – 2 hand techniques, 1 stationary kick (2 boards), spinning back hook kick, and double front jump kick
 6. 5 sets of combinations

Shodan to Nidan

- (Testing fee - \$200.00)
1. Katas - Ro Hai Dai, Tenshin, Mugen, Bassai, and Chinto
 2. Bo – Sho No Kon
 3. Sai – Ro Hai Dai, Mugen, and Bassai
 4. 5 Self-Defense moves against 3 attackers
 5. Breaking – 2 stationary kicks, 2 spinning kicks, 1 jump kick, 1 hand technique
 6. Demonstrate random self-defense techniques

Nidan to Sandan

- (Testing fee - \$250.00)
1. Katas - Sochin and Yosei
 2. Bo tai Bo (1 – 3)
 3. Bo tai Sai (1 – 5)
 4. Nunchaku – Yoshu Dai
 5. Sai - Yosei
 6. TonFa – Tensho
 7. Samurai Sword – Iai (1 – 8)
 8. 5 Self-Defense moves against 3 attackers (2 combinations of 2 people at same time)
 9. Breaking - 5 Breaking Techniques
 10. Demonstrate random self-defense techniques

Sandan to Yondan

- (Testing fee - \$300.00)
1. Katas - SanShi Ryu
 2. Bo tai Sai (No. 6)
 3. Samurai Sword – Ryu-ken
 4. 5 Self-Defense moves against 3 attackers (1 combinations of 3 people at same time)
 5. Breaking - 5 Breaking Techniques
 6. Demonstrate random self-defense techniques

Note: Kyu testing will be held at the discretion of the instructor, however, testings should be held roughly every three months. Testing for each kyu rank will include the physical requirements described on the

previous pages and the terminology listed for their belt rank.

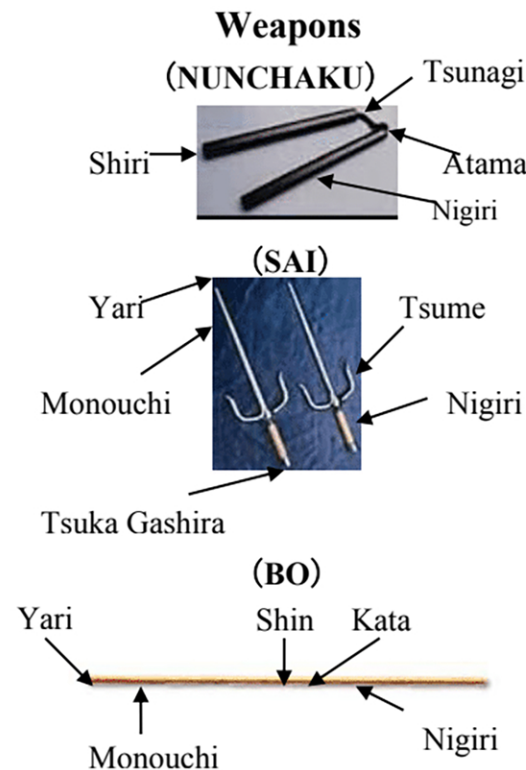
- * denotes terminology needed for 8th Kyu
- ** denotes terminology needed for 7th Kyu
- *** denotes terminology needed for Green Belts
- **** denotes terminology needed for Brown and Black Belts

U.S. Yoshukai Karate Association Mission Statement

To provide excellent training, under safe conditions, in the best possible atmosphere, for a reasonable price.

To Encourage an environment of learning, creativity, and personal achievement for every individual.

To Follow the highest standards for ethical conduct, truth, moral principles and ideals in providing quality instruction to each student fairly.



Student Handbook

“OSU!”

“Push ahead, never give up!”



“Strive for Excellence”



Sensei Justin McClarran
3rd, Dan

912-237-8784

usykageorgia@gmail.com
facebook.com/usykageorgia