

JAPANESE TERMINOLOGY

***Yoshukai Means** – Strive for Excellence
*Yoshukai Byword – Patience
*The Outline of the ChestPatch Means –
Yata No Kagami (Formed from the national mirror
Japan which stands for truth, goodness, and beauty)

*Founder
Soke Yuki Koda
8th Degree



*Director
Soshu David Koda,
7th Degree



*Manager – Mrs. Adreinne Koda, 3rd, Degree

*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

SHUUGYOSHA GOKUN

(5 Precepts in Japanese)

Hitotsu Reigi O Omonzu Beshi
Hitotsu Taido O Imashimu Beshi
Hitotsu Gengo O Tsutsushimu Beshi
Hitotsu Iki O Sakanni Subeshi
Hitotsu Seiketsu O Muneto Subeshi

KARATE RELATED TERMS

*Instructor – Sensei	*Karate School – Dojo
*Fist to Hip – Tsuki	*UnderBlack Belt – Kyu
*Black Belts – Yudansha	*Bow – Rei
*Attention – *Kiyotsuke	*Yell – Kiyai
*Prepare – Yoi	*Begin – Hajime
*Finish – Yame	*Relax – Yasume
*Belt – Obi	*Uniform – Gi
*Open Eyes – Kaimoku	*Close Eyes – Mokuso
****Line up – Seiretsu	****Knee Down – Seiza
	****Stand up – Kiritsu

STANCES (Dachi)

*Front Stance – Zenkutsudachi
*Straddle Stance – Shikodachi
*Ready Stance – Uchihachiji
*Attention Stance – Musubidachi
*Immovable Stance – Fudodachi
*Scissor Stance – Hasamidachi
**Natural Stance (Relax Stance)- Shizendachi
***Cat Stance – Neko Ashidachi
***One Legged Stance (Crane Stance) – Ippon
Ashidachi
****Horse Stance –Kibadachi
***Parallel Stance – Heikodachi
****Back Stance – Kokutsudachi
****Sword Stance – Iai Goshidachi
****Hourglass Stance - Sanchin

BLOCKS (Uke)

*Upper Block – Jodan Uke
*Outside Center Block – Chudan Soto Uke
*Inside Center Block – Chudan Uchi Uke
*Down Block – Gedan Uke
*Cross Hand Block – Juji Uke
*Knife Hand Block – Shuto Uke
*Elbow Block – Enbi Uke
**Knee Block – Hiza Uke
**Knuckle Block – Ken Uke
**Palm Heel Block – Shotei Uke
***Ridge Hand Block – Haito Uke
***Back Hand Block – Haisho Uke
***Wedge Block – Kakiwake Uke
****Double Hand Block – Morote Uke

STRIKES

*Fist – Seiken
*Upper Punch – Jodan Tsuki
*Center Punch – Chudan Tsuki
*Down Punch – Gedan Tsuki
*Reverse Punch – Gyaku Tsuki
*Knife Hand – Shuto
*Hammer Fist – Tsutsuken (Tettsui)
**Elbow Strike – Enbi
*Back Fist – Uraken
*Palm Strike – Shote
**Ridge Hand – Haito
***Back Hand – Haisho
***Spear Hand – Nukite
****Two Finger Spear Hand – Nihon Nukite
****Double Hand Punch – Morote Zuki

KICKS (Geri)

*Front Kick – Mae Geri
*Side Kick – Yoko Geri
*Round Kick – Mawashi Geri
**Knee Kick – Hiza Geri
**Flying Side Kick – Tobi Yoko Geri
**Double Front Jump Kick – Nidan Geri
**Hook Kick – Kake Geri
**Back Kick – Ushiro Geri
**Spinning Back Side Kick –Ushiro Yoko Geri
***Spinning Back Hook Kick – Ushiro Kake Geri
***Jump Spinning Back Kick – Tobi Ushiro Geri
****Crescent Kick – Ko Geri
****Axe Kick – Kakato Otoshi
****Jump Spinning Crescent Kick – Tobi Mawashi
Ko Geri

STRIKING AREAS

(Areas of the foot used a striking points in basic kicks)
**Ball of the Foot – Koshi (Front Kick or Round Kick)
**Instep (Top of the Foot) – Haisoku (Round Kick)
**Edge of the Heel – Sokuto (Side Kick)
**Bottom of the Heel – Kakato (Side Kick or Axe Kick)

*COUNTING

One – Ichi	Two – Ni	Three – San
Four – Shi	Five – Go	Six – Roku
Seven – Shichi	Eight – Hachi	Nine – Kyu
Ten – Juu		

*USYKA HEADQUARTERS LOCATION

Montgomery, ALABAMA

*YEAR US YOSHUKAI KARATE FOUNDED

1969

*YEARS MASTER KODA LIVED

June 1st 1944 – March 14th 1997



Testing Fee: \$40.00 per student

PLEASE NOTE: - Everyone is responsible for knowing what is listed under your current testing requirements PLUS any previous requirements from former testing.

All the testing include Basic, combinations, sparing & written test.

White Belt to 8th Kyu Yellow Belt

1. Ni Juu Shichi No Kata
2. Kihon Kata Shodan (Not required for under 8)
3. Combination
 - A. Twisting punch
 - B. Down block with immovable stance, reverse punch with front stance
 - C. Front kick, *round kick*
 - D. *front leg round kick, spinning side kick*

4. Breaking – 1 hand & 1 foot technique

5. Ippon Kumite: 1 & 2

8th Kyu Yellow Belt to 7th Kyu Yellow Belt

1. Kihon Kata Nidan
2. Kihon Kata Sandan
3. Combination

- A. Front leg front kick, back leg front kick
 - B. *Spinning round kick, step side kick, back fist*
4. Breaking – 2 foot techniques
5. Ippon Kumite: 3 & 4

7th Kyu Yellow Belt to 6th Kyu Green Belt

1. Kihon Kata Yondan
2. Zenshin Kotai
3. Combination
 - A. Step run kick, step side kick, back fist, reverse punch
 - B. Slide forward back fist, reverse punch, spinning run kick
 - C. Slow motion kicks (Basic kicks- 2 kicks each)
6. Breaking – 1 hand, 1 foot technique and 1 flying or jumping kick
7. Ippon Kumite: 5 & 6

6th Kyu Green Belt to 5th Kyu Green Belt

1. Shiho Hai
2. Nunchaku – Kihon Kata
3. Combination
 - A. Knee block, back fist, reverse punch, front kick, double jump front kick
 - B. Slide back down block, slide forward back fist, reverse punch, ridge hand, spinning hook kick
4. Breaking – Side Kick (two boards), 1 hand technique and double front jump kick
5. Ippon Kumite: 7 & 8