

1st KYU TO 1st DEGREE BLACK BELT

Testing Fee \$150 Plus 4 Pictures 2X2 in Gi Top

Yoshukai tie & Suit Patch - \$50.00 set

1. Open hand thru Rohai Sho
2. 3 Bo, 3 Nunchaku, and 3 Sai Katas
3. Ippon Kumite 1 thru 5
4. Breaking - 2 hand, one Stationary Kick (2 boards), spinning Back Hook Kick and DBL Jump Front Kick
5. 5 Sets of Self Defense - continuous with 2 attackers
6. 5 Sets Combinations with 5 different techniques
(One Spinning Back or Jump Kick in each)

1st DEGREE TO 2nd DEGREE BLACK BELT

Testing Fee \$175 Plus 4 Pictures 2X2 in Gi Top

1. Rohi Dai
2. Tenshin
3. Mugen
4. Bassai
5. Chinto
6. Sai Kata (Rohai Dai, Mugen, and Bassai)
7. Bo Kata (Shounnokon)
8. Breaking - 2 Stationary Kicks (2 boards) 1 Spinning Kick, One Jump Kick, One Fist
9. 5 Sets of Self Defense - continuous with 2 attackers
10. 5 Sets combinations with 5 different techniques
(One Spinning Back or Jump Kick in each)

2nd DEGREE TO 3rd DEGREE BLACK BELT

Testing Fee \$200 Plus 4 Pictures 2X2 in Gi Top

1. Sochin
2. Yosei No Kata Sai
3. Sai tai Bo (1 thru 5)
4. Yo Shu Dai Nunchaku
5. Tensho Tonfa
6. 5 Sets of Self Defense - continuous with 2 attackers
7. 5 station Speed Break – 3 kicks (1 double board) 2 hand techniques
8. 5 sets combinations with 5 different techniques
(One Spinning Back or Jump Kick in each)

3rd DEGREE TO 4th DEGREE BLACK BELT

Testing Fee \$250 Plus 4 Pictures 2X2 in G Top

1. San Shi Ryu
2. Sai tai Bo
3. Iai (Samurai Sword 1 thru 8)
4. Sai tai Bo 1 thru 6
5. 5 station Speed Break – 3 kicks (1 double board kick) 2 hand techniques
6. 5 Sets of Self Defense - continuous with 2 attackers
7. 5 sets combinations with 5 different techniques
(One Spinning Back or Jump Kick in each)

5th Degree - \$300 – 6th Degree \$350 – 7th Degree \$400
Shihan \$250

COMBINATIONS

TESTING FOR 9th KYU - YELLOW

1. Front kick, spinning round kick using same foot.
2. Twisting reverse punch.

TESTING FOR 8th KYU - YELLOW

1. Front kick, spinning round kick using same foot.
2. Front leg round kick, spinning sidekick.
3. Twisting reverse punch.
4. Down block 45% shikodachi then reverse punch zenkutsudachi stance
(Basic kicks must be done using front and back legs.)

TESTING FOR 7th KYU - YELLOW

1. Front leg front kick, back leg front kick, step forward reverse punch.
2. Back leg round kick, skip sidekick, back fist.

TESTING FOR 6th KYU - BLUE

1. Sliding forward back fist, reverse punch, round kick.
2. Demonstrate in slow motion spinning sidekick, without putting foot down side kick again, face opposite direction down block.

TESTING FOR 5th KYU BLUE

1. Front foot round kick, using same foot skip side kick, back fist reverse punch.
2. Demonstrate in slow motion 4 round kicks in all 4 directions without putting foot down, end with down block, reverse punch.

TESTING FOR 4th KYU - GREEN

1. Demonstrate in slow motion a front kick, a round kick and a side kick using back leg (all these are double kicks without putting foot down.)
2. Knee block, back fist, reverse punch, front kick, and double jump front kick.

TESTING FOR 3rd KYU - GREEN

1. Front kick back to same position, 360 degree spinning hook kick put foot down, same foot round kick.
2. Sliding 45 degrees backward, down block back first, reverse punch using same hand ridge hand, spinning hook kick.

TESTING FOR 2nd KYU & 1st KYU - BROWN

1. Sliding forward 45 degrees, outside center block, same hand back first, reverse punch, spinning hook kick without putting foot down round kick.
2. Back leg round kick, jump spinning crescent kick, back fist, reverse punch.

FIVE PRECEPTS

- 1 Respect and Manners
- 2 Be Prudent in Action
- 3 Be Prudent in Speech
- 4 Keep High Spirited
- 5 Keep Yourself Clean

HUGYOSHA GOKUN

- 1 Hitostu – Reigi o omonzubeshi
- 2 Hitostu – Taido o imashimubeshi
- 3 Hitostu – Gengo o tsutsushimubeshi
- 4 Hitostu – Iki o sakan ni subeshi
- 5 Hitostu – Seiketsu o mune to subeshi

OBLIGATIONS OF ALL YOSHUKAI STUDENTS

1. To devote themselves towards the development of one another, spiritually, intellectually, and physically..
2. To be constantly alert to the teachings of their superiors always endeavoring to master the secrets of this martial art.
3. To meet with fortitude any and all obstacles which may arise to hamper the attainment of goals.
4. To be courteous in deportment and to always remember the virtue of modesty.
5. To avoid all unnecessary incidents and to use this art only when all other means of self-preservation would fail.
6. Through the teachings of the foregoing principals, to strive to become good citizens and worthy community members.

All new students are required to join the World Yoshukai Karate Kobudo Organization after the first 30 days. The cost is \$50 for one member, 2 in family is \$75, 3 in family is \$95 and 4 or more is \$110 per year. You will receive an Organization packet and your 10th Kyu testing is free.

DOJO RULES

1. Courtesy and Respect - Courtesy to Instructors and fellow students and respect for the Yoshukai System.
2. Speech - No profanity in Dojo.
3. Attitude - Must be willing to obey the rules and to learn self discipline.
4. Spirit - Inner spirit is developed through confidence in your ability and should demonstrate that you to are a credit to your Instructor and to the Yoshukai System.
5. Cleanliness - Clean heart and mind plus a clean Gi and Body.
6. Bow when entering and leaving Dojo area.
7. No jewelry or gum chewing in Dojo area.

We offer to all students - Karate uniforms, fighting equipment, weapons, videotape and terminology tape.

We also offer a full line of all Martial Arts equipment.

Updated 4/2010

STUDENT HANDBOOK

WORLD YOSHUKAI KARATE
KOBUDO ORGANIZATION
Yoshukai Karate Grand Master
Katsuo Yamamoto

“OSU”

"Push Ahead" "Never Give Up"



Keep Patience

Director ~ Hiroaki Toyama
Director ~ Mike Culbreth
Spectators Welcome



World Yoshukai Karate
Kobudo Organization
1791 Ross Clark Circle, S.E.
Dothan, Alabama
334-794-8238

JAPANESE TERMINOLOGY

HOME DOJO – JAPAN
Kitakyushu City, Japan

YEAR YOSHUKAI BEGAN
1963

YOSHUKAI MEANS
Strive for excellence

YOSHUKAI BYWORD
Patience

KARATE MEANS
Empty Handed

YOSHUKAI PATCH
Is a combination of the Japanese flag, the word Yoshukai, and Yata-No-Kagami (the mirror which reflects truth, goodness, and beauty).

GRAND MASTER
Katsuoh Yamamoto
10th Degree

DIRECTORS OF WYKKO

Shihan Hiroaki Toyama, 8th degree - Hukaicho
Shihan Mike Culbreth, 7th degree - Hukaicho

WHITE & YELLOW BELT TERMINOLOGY

Instructor – Sensei	Attention Stance - Musubidachi
School – Dojo	Upper Block - Jodan Ukke
Bow – Rei	Inside Center Block- Chudan Uchi Uke
Yell – Kiyai	Outside Center Block-Chudan Soto Uke
Uke - Block	Ukce
Prepare – Yoi	Down Block - Gedan Ukke
Fist to Hip Position - Tsuki (Ski)	Fist – Seiken
Begin – Hajime	Upper Punch - Jodan Tsuki
Finish – Yame	Middle Punch - Chudan Tsuki
Relax – Yasume	Down Punch - Gedan Tsuki
One – Ichi	Front Kick - Mae Geri
Two – Ni	Round Kick - Mawashi Geri
Three – San	Side Kick - Yoko Geri
Four – Shi	Attention - Kiotsuke
Five – Go	Karate Uniform - Gi
Six – Roku	Karate Belt - Obi
Seven - Shichi	The Way – Michi
Eight - Hachi	Sparring – Kumite
Nine - Kyu	Form – Kata
Ten - Ju	One Step Fighting – Ippon Kumite
Front Stance - Zenkutsudachi	Strive for Excellence – Yoshukai
Straddle Stance – Shikodachi	Used in color belt ranking – Kyu
Ready Stance - Uchiachijidachi	

BLUE & GREEN BELT TERMINOLOGY

Good Morning - Ohayo	Good Evening - Konbanwa
Good Afternoon – Konnichiwa	Cat Stance - Neko Ashidachi
Punching Board – Makiwara	Scissor Stance - Hasamidachi
Thank You – Arigato	Immovable Stance - Fudodachi
Close Eyes – Mokuso	Crosshand Block - Jujji Uke
Open Eyes Kiamoku	Knifehand Block - Shuto Uke
Good Night - Oyasumi	Elbow Block - Embi Uke
Good Bye – Sayonara	Heel Palm Block - Shotei Uke
Weapons – Kobudo	Knee Block - Hiza Uke
Black Belt - Yudansha	Back Hand Block - Haisho Uke
Kneel Down – Seiza	Reverse Punch - Gyaku-Tsuki
Knife Hand – Shuto	Knee - Hiza
Elbow Strike – Embi	Hammer Fist – Tsutsuken
Back Fist – Uraken	Flying Side Kick - Tobe Yoko Geri

Heel Palm - Shotei
Ridge Hand – Haito
Back Hand - Haisho

Double Jump Front Kick - Nidan Geri
Back Kick - Ushiro Geri
Hook Kick - Kake Geri

BROWN BELT TERMINOLOGY

Horse Stance – Kibadachi	Jump Back Kick - Tobe Ushiro Geri
Parallel Stance – Heikodachi	Crescent Kick - Ko Geri
Hourglass Stance-Sanchindachi	Ax Kick - Kakato Otoshi
Back Stance - Kokutsudachi	Spinning Back Kick-Ushiro Mawashi Geri
One Leg Stance - Ippon Ashidachi	Jump Crescent Kick–Tobi Mawashi Ko Geri
Kneeling one knee – lai dachi	Spin back hook kick – Ushiro Kake geri
Wedge Block – Kakiwake Uke	Instep – HaiSoku
Ridge Hand Block - Haito Uke	Edge of Heel - Sokuto
Bent wrist – Koken	Bottom of Heel - Kakato
Spear Hand – Nukite	Bottom ball of foot – Koshi

ADVANCED TERMINOLOGY

Bear Hand – Kumade	Ten – Jue
2 Finger Spear Hand–Nihon Nukite	Twenty – Nijue
Chasing Punch - Oizuki	Thirty – Sanjue
Head Strike - Zutsuki	Forty – Yonjue
Shin Kick – Sunegeri	Fifty - Gojue
Founder – Soke	Sixty – Rokujue
President of Organization – Kaicho	Seventy - Sichijue
VP of Organization – Hu Kaicho	Eighty – Hachjue
Main Karate School – Honbu Dojo	Ninety – Kyujue
Quality Instructor – Shihan	One Hundred – Hiyaku
Full Point – Ippon	Technique – Waza
Half Point – Wazaari	Make Effort You Will Achieve – Rikihittatsu
Judge Decision – Hantei	Breaking – Tameshiwari
Line Up – Seiretsu	Black Belt Ranking – Dan
Samuri Sword – Katana	Right - Migi
Sickle – Kama	Left - Hidari
Bamboo Sword – Shinai	Stand up - Kititsu
Catch Samurai Sword with bare hand – Shinken Shirahadori	

TESTING REQUIREMENTS

TESTING IS EVERY 3 MONTHS

10th KYU BASIC TEST (After minimum six weeks)

No Testing Fee - Fee for the belt – Membership Fee \$50

1. Basic Punches
2. Basic Kicks
3. Basic Blocks
4. Basic Stances
5. Basic hand, elbow, & knee techniques

10th KYU TO 9th KYU YELLOW BELT (ages 10 & under only)

Testing Fee \$50 plus fee for the belt

1. 27 Movements
2. 2 Combinations
3. Plus all requirements for previous rank

10th KYU TO 8th KYU YELLOW BELT

Testing Fee \$50 plus fee for the belt

1. Ni-Ju Shichi No Kata, (27 Movements)
2. Kihon Kata Shodan
3. Basic Punches, Blocks, Kicks (25 each)
4. Sparring (Japanese style)
5. Ippon Kumite 1 defense
6. Combinations
7. Breaking - 1 hand and 1 foot

8th TO 7th KYU YELLOW BELT

Testing Fee - \$50

1. Kihon Kata Nidan
2. Kihon Kata Sandan
3. Breaking - 2-Foot Techniques
4. Ippon Kumite 1 & 2
5. Combinations
6. Plus all requirements for previous rank

7th TO 6th KYU BLUE BELT

Testing fee - \$50 plus fee for the belt

1. Kihon Kata Yondan
2. Zen Shin Kotai
3. Ippon Kumite 1 thru 3
4. Breaking - 1 foot and 1 hand Flying Side Kick or DBL Jump Front Kick
5. Combinations and Slow Motion Kicks
6. Plus all requirements for previous ranks

6th KYU TO 5th Kyu BLUE BELT

Testing Fee - \$50

1. Shihohai
2. Ippon Kumite 1 thru 4
3. Combinations & Slow Motion Kicks
4. Breaking - 2 boards Side Kick, 1 Hand technique, DBL Jump Front Kick
5. Nunchaku (Kihon Kata)
6. Plus all requirements for previous ranks

5th KYU TO 4th KYU GREEN

Testing Fee - \$50 plus fee for the belt

1. Nunchaku Kata (Kihon Kata and Kihon Kata Shodan)
2. Seisan
3. Breaking - 2 boards Side Kick, 1 Hand technique, Spinning Back kick
4. Ippon Kumite 1 thru 5
5. Combinations and Slow Motion Kicks
6. Plus all requirements for previous ranks

4th KYU TO 3rd KYU GREEN BELT

Testing Fee \$50

1. Bo Kata - Shodan
2. 5 Self Defense Techniques
3. Combinations
4. Breaking - Spinning Back Side Kick 2 boards, Side Kick 2 boards, one hand technique
5. Plus all requirements for previous rank

3rd KYU TO 2nd KYU BROWN BELT

Testing Fee \$50 plus fee for the belt

1. Niseishi
2. Bo Kata - Nidan
3. Sai Kata - Zen Shin Kotai
4. Breaking - Side Kick 2 boards, Spinning Back Hook Kick, 1 hand technique. Flying Side Kick or DBL Jump Front Kick
5. Combinations
6. 5 Self Defense Techniques
7. Plus all requirements for previous rank

2nd KYU TO 1st KYU BROWN BELT

Testing Fee \$50

1. Bo Kata (Shodan,Nidan, & Sandan)
2. Sai Kata (Zen Shin Kotai & Shiho Hai)
3. 5 Self Defense Techniques
4. Combinations
5. Breaking - Side Kick 2 boards, Spinning Back Kick, Flying Side, or DBL Jump Front Kick, One Hand Technique
6. Rohai Sho
7. Plus all requirements for previous rank

Yoshukai Karate

Yoshukai Karate can trace its lineage back to the founding fathers of karate in Okinawa over three hundred years ago. The Japanese Grandmaster, Katsuoh Yamamoto, began his formal training in the Chit-Ryu style under Dr. Chitose. In 1959, he opened his own school in Kitakyushu, Japan. From 1960 to 1963, Yamamoto was considered the top competitor in Japan. In 1963 Dr. Chitose pronounced him the Grandmaster of the Yoshukai style of karate. Today, Yoshukai is a worldwide organization.

Shihan Hiroaki Toyama and Shihan Mike Culbreth established the World Yoshukai Karate Kobudo Organization, under the authority of Grandmaster Yamamoto. WYKKO is the only Yoshukai style in the US that is authorized and certified by Grandmaster Yamamoto.



MICHI
“THE WAY”

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