

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

SHUGYOSHA 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
Katsuoh 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 Ukke |
| Uke - Block | Down Block - Gedan Ukke |
| Prepare – Yoi | Fist – Seiken |
| Fist to Hip Position - Tsuki (Ski) | Upper Punch - Jodan Tsuki |
| Begin – Hajime | Middle Punch - Chudan Tsuki |
| Finish – Yame | Down Punch - Gedan Tsuki |
| Relax – Yasume | Front Kick - Mae Geri |
| One – Ichi | Round Kick - Mawashi Geri |
| Two – Ni | Side Kick - Yoko Geri |
| Three – San | Attention - Kiotsuke |
| Four – Shi | Karate Uniform - Gi |
| Five – Go | Karate Belt - Obi |
| Six - Roku | The Way – Michi |
| Seven - Shichi | Sparring – Kumite |
| Eight - Hachi | Form – Kata |
| Nine - Kyu | One Step Fighting – Ippon Kumite |
| Ten - Ju | Strive for Excellence – Yoshukai |
| Front Stance - Zenkutsudachi | Used in color belt ranking – Kyu |
| Straddle Stance – Shikodachi | |
| 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 - Juji 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
Back Fist – Uraken
Heel Palm - Shotei
Ridge Hand – Haito
Back Hand - Haisho

Hammer Fist – Tsutsuken
Flying Side Kick - Tobe Yoko Geri
Double Jump Front Kick - Nidan Geri
Back Kick - Ushiro Geri
Hook Kick - Kake Geri

BROWN BELT TERMINOLOGY

Horse Stance – Kibadachi
Parallel Stance – Heikodachi
Hourglass Stance-Sanchindachi
Back Stance - Kokutsudachi
One Leg Stance - Ippon Ashidachi
Kneeling one knee – lai dachi
Wedge Block – Kakiwake Uke
Ridge Hand Block - Haito Uke
Bent wrist – Koken
Spear Hand – Nukite

Jump Back Kick - Tobe Ushiro Geri
Crescent Kick - Ko Geri
Ax Kick - Kakato Otoshi
Spinning Back Kick-Ushiro Mawashi Geri
Jump Crescent Kick–Tobi Mawashi Ko Geri
Spin back hook kick – Ushiro Kake geri
Instep – HaiSoku
Edge of Heel - Sokuto
Bottom of Heel - Kakato
Bottom ball of foot – Koshi

ADVANCED TERMINOLOGY

Bear Hand – Kumade
2 Finger Spear Hand–Nihon Nukite
Chasing Punch - Oizuki
Head Strike - Zutsuki
Shin Kick – Sunegeri
Founder – Soke
President of Organization – Kaicho
VP of Organization – Hu Kaicho
Main Karate School – Honbu Dojo
Quality Instructor – Shihan
Full Point – Ippon
Half Point – Wazaari
Judge Decision – Hantei
Line Up – Seiretsu
Samuri Sword – Katana
Sickle – Kama
Bamboo Sword – Shinai
Catch Samurai Sword with bare hand – Shinken Shirahadori

Ten – Jue
Twenty – Nijue
Thirty – Sanjue
Forty – Yonjue
Fifty – Gojue
Sixty – Rokujue
Seventy – Sichijue
Eighty – Hachjue
Ninety – Kyujue
One Hundred – Hiyaku
Technique – Waza
Make Effort You Will Achieve – Rikihittatsu
Breaking – Tameshiwari
Black Belt Ranking – Dan
Right - Migi
Left - Hidari
Stand up - Kititsu

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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