



Requirements for Kyu 12,11 - Orange Belt

Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only

Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

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Requirements for Kyu 6,5 - Green Belt

Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only

Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

Mr. Anderson's 4 facets of karate: **zanshin** (remaining mind), **miai** (interval [distance]), **kime** (focus), **atemi** (vital strike)

Dachi (Stances) Hachiji Open leg Zen-kutsu Front Ko-kutsu Back Kiba Horse (straddle) Sanchin Hourglass Free-Fighting Neko-ashi Cat Shiko Sumo Teiji T Reinoji L Musubi Attention Heisoku Parallel Fudo Rooted Kosa X	Keri (Kicks) Mae Front Muwashi Roundhouse Yoko Side Nidan Scissor/Double Ushiro Back Mikazuki Crescent Gyaku Mikazuki Reverse Crescent Axe Tobi Jump Wheel, Spin, Drift	Falls and Rolls Falls: sideways, backward, forward Rolls: forward, backward, rollouts
Uke (Blocks) Gedan-barai Downward sweeping Soto-ude Outside-inside Uchi-ude Inside-outside Jodan (agi) Upper (rising) Wanto Sword arm Shuto Knife hand Morote Augmented Juji X	Ate (Smashes) Hiza: Knee: tate upward mawashi roundhouse Empi: Elbow: ushiro backward otoshi downward yoko sideward	Japanese Terms Numbers Ichi, ni, san, shi, go, rokyu, shichi, hachi, ku, ju Titles Hanshi Highest master Shihan Teacher of teachers Sensei Teacher Sempai Assistant teacher
Tsuki (Punches) Sonoba Basic Choku Straight Gyaku Reverse Oi Lunge Jab Nukite Spear hand Aqe Rising Tate Vertical Ura Upper jab Kagi Hooking	Kwanbu Kihon Basic block-punch Basic block-punch-kick Kata Taikyoku 1 Heian 1-5 Kwan-kong Changkwan (or Kwan mu) 1	Commands Rei Bow Hajime Begin Yame Stop Mate Wait Narande Line up Seiza Format sit Mukuso Begin meditation Mukuso yame End meditation Shomen ni rei Bow to the front Shihan ni rei Bow to the shihan Sensei ni rei Bow to the sensei
Uchi (Strikes) Shuto Knife-hand Uraken Back fist Kentsui/tettsui Hammer fist Haishu Back hand Haito Ridge hand Teisho Palm heel	Ippon Kumite Basic 1-10 Standard 1-24 Hit-Move-Hit Basic punch Basic kick Punch and kick Backfist with punch and spin kick	General Kara-te Empty hand Kiai Spirit Meeting, 110% Hidari Left Migi Right Gi Uniform Obi Belt Dan Leve, grade, degree Waza Technique Do Way Jitsu Art or Technique Ju Gentle, supple Aiki Harmony
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Requirements for Kyu 4 - Purple Belt

Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only

Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

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Requirements for Kyu 3 - Purple Belt

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Requirements for Kyu 1 - Brown Belt

Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only

Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

Mr. Anderson's 4 facets of karate: **zanshin** (remaining mind), **miai** (interval [distance]), **kime** (focus), **atemi** (vital strike)

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