

10th Kyū Junior White Belt Descriptions - For Tip Test 1

Requirement	Japanese Term	Description (Youth)
High Forefist Block	Age uke	Cross fists back to back, inside fist goes up above head at an angle with fingers turned out away from you.
Low Forefist Block	Gedan barai	Cross fists back to back, inside fist goes down body and stops just at leg.
Middle Forefist Block	Soto uke	Fists are at belt level, and top fist turns up and blocks at middle level with fist level with shoulder and elbow away from body.
Basic meditation posture and breathing		legs are crossed, palms on knees, back straight, eyes closed, breathe in through the nose, out through the mouth
Bowing and when to do it		Learn and demonstrate the three types of bows: Student bow, kneeling bow, and the Formal bow. The meaning of the bow is to show respect to teachers, elders and parents. The bow should be done when entering and exiting the dojo training mat. Bowing is also done at the beginning and end of each class, and when a student greets a black belt.
Define Respect		To treat people, animals and yourself with kindness.
Dojo		The training hall
Dojo rules		Read through, sign and make sure you understand the training hall rules.
Exercises and wrist exercises		Be able to do all class exercises as done at beginning of class.
How to care of uniform and belt, when to wear it		See document on how to fold uniform. Don't wear uniforms to class. Carry them and put them on at the dojo or karate-related function.
How to line up & Dojo set up		See chart (link to come)
How to make a proper fist and part of hand used to strike		Roll fingers down and cross thumb over the first two knuckles.
Kaicho		Means "Association President" -- Our Kaicho for Seiyō-No Shorin-Ryū Karate & Kobudo Renmei is Harold Mead, 10th Dan. He is also the head founder of the organization.
Maintain a current "Success Journal" and bring to each class.		All students must have a current "Success Journal." This is a three ring binder that contains three sections: 1. The current rank Curriculum check list 2. a section for hand outs related to the curriculum 3. blank note paper for taking notes 4. a pen or pencil
Osu		Yes, I understand and will do the best of my ability.
Polite greeting		A polite greeting is when you see your instructor or a master instructor and you (1) walk up, (2) stand in attention, (3) ready position, (4) wait until they make eye contact with you (5) stand in attention stance, (6) bow and say hello.
Respectful attitude (Sir, Ma'am, or Osu!)		Remember to focus eyes and respond with "Yes Ma'am/ Yes Sir" when an instructor or adult asks you something. If an instructor tells you to do something in class respond with Osu! Respond with "Yes Mom/ Yes Dad" to parents.
Sensei		Sensei means Teacher or Instructor. Your instructor is Sensei Vashon Borich.
The 5 basic positions used in class		Ready position, Seated listening position, Kneeling, Attention, Meditation position
Closed "V"	Masubi Dachi	Heels together with toes pointing outward forming a 60° angle.
Closed Parallel, Attention stance	Heisoku Dachi	Closed Parallel stance, formal "attention" used to line up and await further instruction.
Spread out stance, ready stance	Soto Hachiji Dachi	Feet shoulder width apart with toes pointed out at a 45° angle. The shoulders should be naturally relaxed as this is a preparative stance for action to follow.
One step 1		U. Right low punch right front stance T. Left low block left front stance T. Right middle punch left front stance
One step 2		U. Right middle punch right front stance T. Left middle block right back stance T. Right middle punch left front stance
One step 3		U. Right high punch right front stance T. Left high block left front stance T. Right middle front snap kick
One step 4		U. Right middle punch right front stance T. Step with the right foot to a horse stance and block-stun, left knife hand to wrist and right punch to solar plexus
Forefist High Punch	seiken jodan tsuki	Punch with first two knuckles to point of chin
Forefist Low Punch	seiken gedan tsuki	Punch with first two knuckles to groin
Forefist Middle Punch	seiken chudan tsuki	Punch with first two knuckles to solar plexus