

8th Kyu Blue Belt

Minimum 6-9 months consistent training to qualify

GENERAL KNOWLEDGE

About Sosai Masutatsu Oyama and Kyokushin Karate History

FITNESS

Knuckle push-ups 30

Crunches 30x 3

Squats 100

KIHON(Basic)

TACHIKATA (Stances)

Kokutsu Dachi / Neko Ashi Dachi/ Kamae Dachi (Kumite Dachi)

UKE-WAZA (Blocks)

Morote Chudan Uchi Uke / Shotei Chudan Uke / Shotei Gedan Uke/ Shotei Jodan Uke / Shuto Mawashi Uke

TZUKI, SHUTO & UCHI WAZA (Thrust, Knife Hand & Strikes)

Yama Tsuki / Moroto Tsuki / Seiken Shita Tsuki

Shuto Gammen Uchi / Shuto Sakotsu Uchi/ Shuto Sakotsu Uchi Komi

KERI WAZA (Kicks)

Chusoku Jodan Mawashi Geri / Jodan Yoko Geri / Ushirio Geri / Tobi Mae Geri

IDO GEIKO (Moving Basics)

All required Trusts, Strikes, Shuto and Kicks in Zenkutsu Dachi / Kokutsu Dachi / Kiba Dachi/ Kamae Dachi

RENRAKU

1) Zenkutsu Dachi: Seiken Jodan Age Uke, Seiken Chudan Soto Uke, Seiken Oi Tsuki

2) Kamae Dachi: Hiza Geri, Mae Geri, Seiken Oi and Giyaku Tsuki, Hiza Geri

3)Kamae Dachi: Seiken Oi and Giyaku Tsuki, Jodan Mawashi Geri

KATA

Taikyoku Sono Ichi Ura

Taikyoku Sono San / Peenan Sono Ichi

IPPON KUMITE (3 type)

1) Attack: Zenkitzu Dachi, Seiken Oi Jodan Tsuki

Defence: Kamae Dachi, Jodan Shotei Uke

Counter attack: Seiken Oi Jodan Tsuki, Hiji Jodan Ate

2) Attack: Zenkitzu Dachi, Seiken Oi Jodan Tsuki

Defence: Kamae Dachi, Jodan Uke

Counter attack: Hiza Geri

3) Attack: Zenkitzu Dachi, Seiken Oi Jodan Tsuki

Defence: Kamae Dachi, Jodan Uke

Counter attack: Gedan Mawashi Geri, Chudan Mawashi Geri, Jodan Mawashi Geri

KUMITE: 3 Rounds

