



# Kyoshin Ryu Karate Academy

More than just Punching and Kicking, We Help You Grow

## Rank Requirements

### Notes

The materials listed for each rank are the new materials being studied by the student that are needed to pass to the next rank. It is assumed that they already know the materials listed for all prior ranks to their current level. However, the student may also be tested at any time on these materials. It is expected that the student will continue to practice and improve on all material.

### White To Advanced White

- A. Dojo Kun (Student Creeds): 1
- B. Physical Fitness
  - 1. Crunches and Push-ups
    - a) Under 16 years of age 10 in less than 60 seconds
    - b) 16 years of age and above 10 in less than 60 seconds
- C. Dachi (Stances)
  - 1. Kiba (Center)
  - 2. Zenkutsu (Forward)
- D. Uke (receiving): all from Kiba Dachi (Center Stance)
  - 1. Age Uke (Upward)
  - 2. Gedan Barai (Downward)
  - 3. Uchi Uke (Outward)
  - 4. Soto Uke (Inward)
- E. Tsuki (Punches)
  - 1. From Kiba Dachi
    - a) Single
    - b) Double
    - c) Triple
  - 2. From Zenkutsu Dachi (Forward Stance)
    - a) Gyaku tsuki (Reverse punch)
- F. Rear Leg Keri (Kicks)
  - 1. Mae (Front)
  - 2. Yoko (Side)
  - 3. Ushiro (Back)
- G. Self Defense – Beginner
  - 1. Straight Wrist Grabs

### Advanced White To Orange

- A. Dojo Kun: 2 & 3
- B. Physical Fitness
  - 1. Crunches and Push-ups
    - a) Under 16 years of age 10 in less than 60 seconds
    - b) 16 years of age and above 15 in less than 60 seconds
- C. Tskui (Punches)
  - 1. Kizami/Gyaku tsuki (Jab/Reverse Punch Combination)
- D. Rear Leg Keri
  - 1. Mawashi (Roundhouse)
  - 2. Kagi (Hook)
- E. Stance Changes
  - 1. Step-punch
- F. Kata
  - 1. Heian Shodan (moves 1-5)

G. Self Defense - Beginner

1. Wrist Grabs
  - a) Cross Wrist Grabs
  - b) 2 on 2 Wrist Grabs

**Orange To Advanced Orange**

A. Dojo Kun: 4, 5 & 6

B. Physical Fitness

1. Crunches and Push-ups
  - a) Under 16 years of age 10 in less than 60 seconds
  - b) 16 years of age and above 15 in less than 60 seconds

C. Rear Leg Keri

1. Ono (Ax)
2. Ushiro Kagi (Spinning Back Hook)

D. Stance Changes

1. Step-reverse Punch

E. Kata

1. Wrist Grab Kata One
2. Heian Shodan (moves 6-9)

F. Self Defense

1. Wrist Grabs - All

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