



10TH KYU - WHITE BELT, YELLOW TIP

Kids (Ages: 5-10): Cubs (5-7) & Cadets (8-10)

十級
(白帯一黄本)
幼年部

Welcome to the International Karate-do Goju-kai Association. (I.K.G.A.) CONGRATULATIONS on having the courage to take action on your goals, and becoming a member of the Kaizen Gojukan. This is your first step for the long journey toward mastering traditional Japanese Goju-Ryu Karate. Please remember your excitement and the fresh feeling that you have now throughout your journey, which we call "beginners mind". It is said that a journey of a thousand miles begins with a single step, and you have indeed taken your first step. It is our goal now to ensure you keep taking those ever important early steps so you can achieve all you set out to, and more! Enjoy the journey! Ensure that you have sufficient understanding of the following techniques, knowledge, terminology and have an understanding of etiquette.

The following is the list of requirements for you to go to your first Kyu level – 10th Kyu (White Belt 1 Yellow Stripe). Once your sensei feels you are ready, you will be invited to grade for prepared for rank.

Program: Developmental
Rank: 10th I-Level (Cub/Cadet Level: 10th Kyu)
Belt Description: White Belt & 1 Yellow Tip
Level: Level: Shokyū (初級) - Junior
Minimum Time/Class Period: 12 Hours / 16 Classes (Minimum) and/or 2 Months
Awarded: After successful demonstration of all minimum and other related and requested material
Title: N/A
License: N/A

Panel Size: 1 minimum, 3 maximum.
Panel Points Needed: 4 Recommended (SAKGA)



A. Shinsa Kitei (審査規程) Technical Requirements

The test for each level will include some or all of the items from the requirements for lower grades. In all cases, at each grade step, the technical performance improves, as does the speed, power, accuracy, awareness, precision, balance, focus and attitude. Grading at the Kaizen Gojukan may vary from that listed here.

1. Kihon Renshū-ho (基本練習帳) - Basic Techniques

Kihon (基本) - Basics

For this grading test, 10 of each technique are done standing only, with no stepping forward or back.

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|--|----------------------------|
| Hidari Sanchin Sachi, Jodan Uke no Kamae-te | |
| Jodan (Age) Uke | Sanchin Dachi |
| Jodan Seiken Tsuki | Sanchin Dachi |
| Hidari Zenkutsu Dachi, Chudan Uke no Kamae-te | |
| Chudan (Yoko/Ude) Uke | Zenkutsu Dachi |
| Chudan Seiken Tsuki | Zenkutsu Dachi |
| Mae Hiji Ate | Zenkutsu Dachi |
| Hidari Shiko Dachi, Gedan Uke no Kamae-te (Shiko Dachi Heikaku - 180°) | |
| Gedan (Haraiotoshi) Barai | Shiko Dachi Heikaku (180°) |
| Gedan Seiken Tsuki | Shiko Dachi Heikaku (180°) |
| Mae Uraken Uchi | Shiko Dachi Heikaku (180°) |
| Yoko Uraken Uchi | Shiko Dachi Heikaku (180°) |
| Hidari Heiko Dachi, Geri no Kamae-te | |
| Hiza Geri | Heiko Dachi |
| Kin [Gedan] Geri | Heiko Dachi |
| Mae Geri | Heiko Dachi |



B. Tsuika Yōken (追加要件) Additional Requirements

Material in this section is not necessarily attached to I.K.G.A. curriculum, but closely related, and as such, is added to the curriculum sheet as part of the expected Kaizen Gojukan curriculum.

Kiso Tairyoku (基礎体力) - Basic Physical Fitness [for fitness test]

The fitness test is administered, the first full class after testing, usually the Monday of the week following the test. A student will have to pass this test in order to physically receive their certificates, belts and/or patches. - See specific requirements below.:

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|--------------------|----|
| Push-ups: | 10 |
| Crunches: | 10 |
| Burpees: | 10 |
| Squat Kicks: | 10 |

Hojo Undō (補助運動) - Supplementary Exercises

Makiwara (focus pad) / Bob the Bully

- Gyaku Tsuki (reverse punch)
- Mae Geri (front kick)
- Mawashi Geri (roundhouse kick) **

Yōgo Karate (用語空手) - Karate Terminology

| | |
|---|----------------------------------|
| Onegaishimasu (お願いします) | Please teach/help me |
| Dōmo arigatōgozaimasu (どうもありがとうございます) | Thank you |
| Sayōnara (さようなら) | Good Bye |
| Sensei (先生) | Teacher |
| Sempai (先輩) | Your Senior |
| Kōhai (後輩) | Your Junior |
| Hai Sensei (はい先生) | Yes, Teacher |
| Karate (空手) | Empty Hand |
| Dōjō (道場) | Where one trains in Martial Arts |
| Gi (衣) | Karate Uniform |
| Obi (帯) | Karate Belt |
| Jodan (上段) | Upper Level |
| Chudan (中段) | Middle Level |
| Gedan (下段) | Lower Level |

Enkaku (沿革) - History

Karate came from Okinawa, Japan

Ippan Chishiki (一般知識) - General Knowledge

There are many different styles of karate, but we train Goju-Ryu karate, and are directly affiliated to the International Karate-do Goju-kai Association.

¹ - First Tip --- ² - Second Tip

