

青帯

7TH KYU

AO OBI - BLUE BELT

GENERAL

_ Ibuki 息吹

STAMINA

- _ 20 push-ups
- _ 30 jumping squats
- _ 40 sit-ups

KATA

_ Pinan Sono Ni 平安そのII

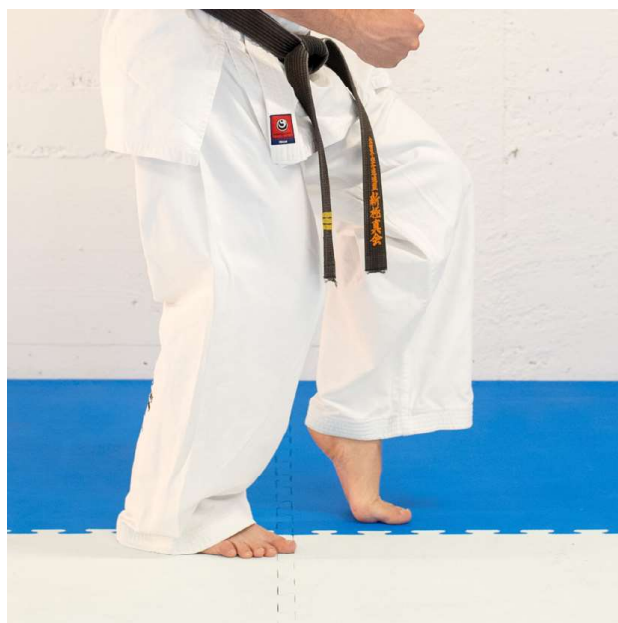
KUMITE

5 fights of 1 minute

STANCES

// NEKO ASHI DACHI 猫足立ち

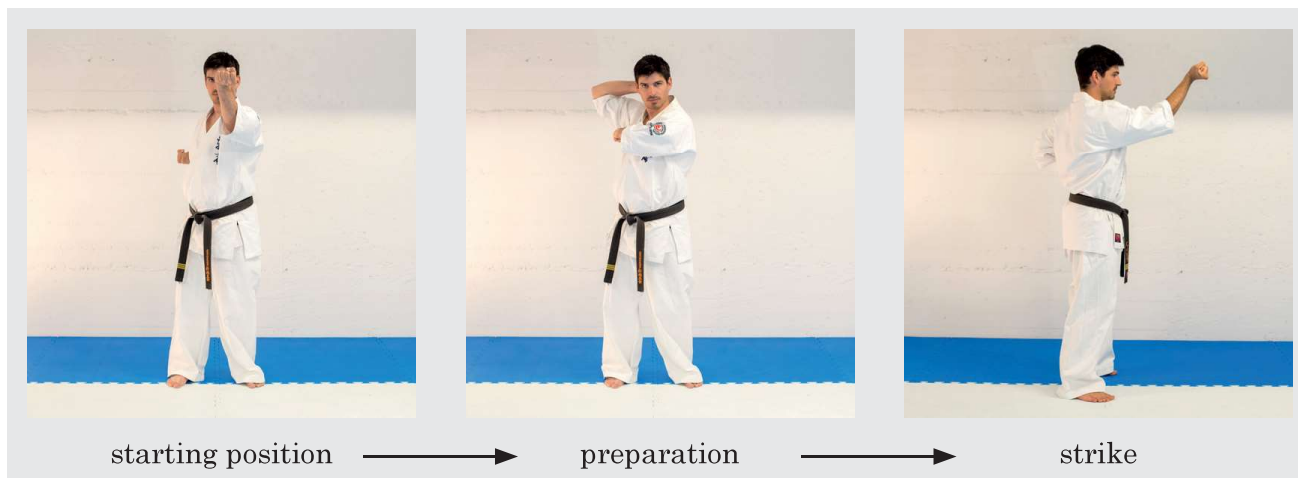
The translated term "cat foot stance" is a very flexible stance allowing quick movements in any direction. 90% of the weight is on the rear leg, with only 10% resting on the ball of the front foot (chusoku) touching the ground. In contrast to the Kokutsu Dachi, the stance is only 1 ½ feet long and significantly narrower.



STRIKING TECHNIQUE

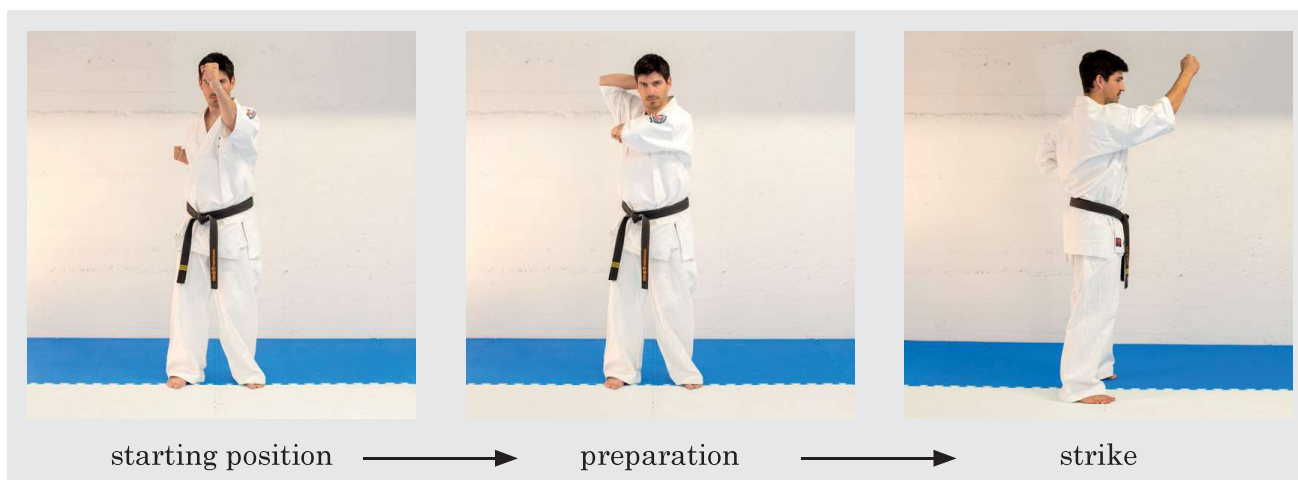
// TETTSUI KOMEKAMI

鉄槌こめかみ



As learned in the 9th kyu with Soto Uke, now follow several techniques with the same preparatory movement. With a whip-like motion, an impulse is applied to the temple (Japanese: komekami) to shortly disorient the opponent.

// TETTSUI OROSHI GANMEN UCHI 鉄槌下ろし願面打ち



緑帯

4TH KYU

MIDORI OBI - GREEN BELT

With the green belt, the student leaves behind the stage of the beginner. Green combines the colours yellow and blue. A balance is achieved between strength, speed, dynamism, and composure. The green belt knows how to apply the learned techniques at the opportune moment and with maximum effectiveness. In training, the karateka learns to execute the techniques with less effort and greater efficiency and perfection.

KUMITE

8 fights of 1 minute

STAMINA

- _ 40 push-ups
- _ 70 jumping squats
- _ 80 sit-ups

IDO GEIKO (SHUGI)

移動稽古 (手技)

- _ In Zenkutsu Dachi, take 3 steps with Seiken Chudan Oi Tsuki
- _ In Zenkutsu Dachi, take 3 steps with Seiken Chudan Gyaku Tsuki
- _ Uke Waze: In Zenkutsu Dachi, Jodan Uke - Soto Uke - Uchi Uke - turn with Gedan Barai
- _ In Kokutsu Dachi, take 3 steps with Shuto Mawashi Uke
- _ In Sanchin Dachi, take 3 steps with Chudan Gyaku Tsuki - turn with Uchi Uke - Chudan Gyaku Tsuki
- _ In Kiba Dachi at a 45° angle, take 3 steps with Gedan Barai

STANCES



// HAIKOKU DACHI 閉足立ち

The stances of the 4th Kyu are stationary positions. They serve as starting positions for training in place. In Haisoku Dachi, the feet are positioned parallel and touching each other.



// HEIKO DACHI 平行立ち

With parallel feet and slightly bent knees, but shoulder-width apart, the karateka stands in Heiko Dachi.



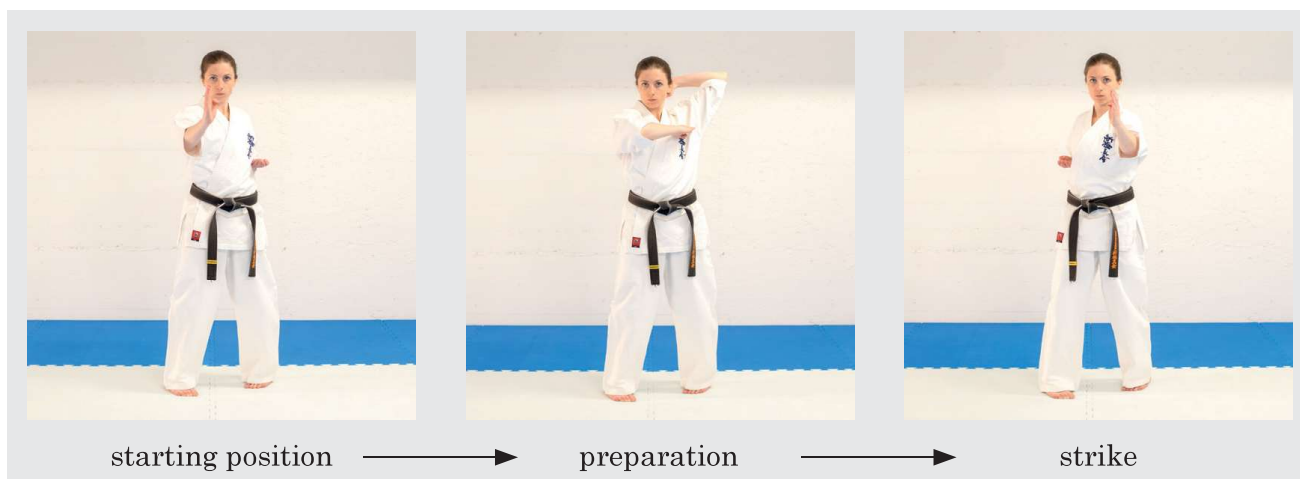
// UCHI HACHIJI DACHI

内八字立ち

This stance is adopted as a transitional position during the preparation for the next training segment (yoi). It is shoulder-width apart, with the feet angled 45° towards the center. The yoi movement between Fudo Dachi, Heiko Dachi, and Uchi Hachiji Dachi is executed on the balls of the feet and never on the heels.

STRIKING TECHNIQUES

// SHUTO SAKOTSU UCHI OROSHI 手刀鎖骨打ち下ろし



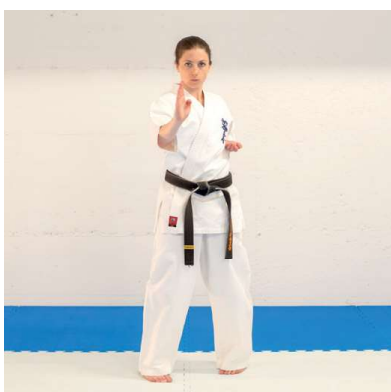
starting position

preparation

strike

// SHUTO SAKOTSU UCHI KOMI

手刀鎖骨打ち込み



In contrast to the oroshi execution, the komi movement goes directly from the hikite to the collarbone.

COLOURS

TERM	KANJI	DESCRIPTION
Shiro	白	White
Aka	赤	Red
Orenji (daidai)	オレンジ (橙)	Orange
Ao	青	Blue
Ki	黄	Yellow
Midori	緑	Green
Cha	茶	Brown
Kuro	黒	Black

NUMBERS

TERM	KANJI	DESCRIPTION
Ichi	一	One
Ni	二	Two
San	三	Three
Shi/Yon	四	Four
Go	五	Five
Roku	六	Six
Shichi/Nana	七	Seven
Hachi	八	Eight
Kyu/Ku	九	Nine
Ju	十	Ten
Sanju	三十	Thirty, commonly used for the last 30 seconds of a fight or exercise
Yon-Ju-Go	四十五	Fortyfive, e.g. Kiba Dachi 45°
Ku-Ju	九十	Ninety, e.g. Kiba Dachi 90°
Hyaku	百	One hundred

Migi 右
Right

Hidari 左
Left

Ganmen 顔面
Face

Komekami こめかみ
Temple

Ago 顎
Chin

Ken 拳
Fist

Sakotsu 鎖骨
Collarbone

Hizo 脾臓
Spleen

Hiji / Empi 肘/ 猿臂
Elbow

Hara 腹
Lower abdomen

Hiza 膝
Knee

Sune すね
Shinbone

Ashi 足
Foot



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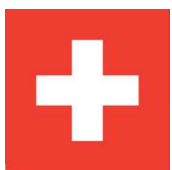
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The photos, descriptions, and Japanese translations have been compiled with great care. However, if an error or inaccuracy has occurred, we welcome feedback at info@okawa.ch to further improve the booklet in the next edition.



SWISS MADE



SHINKYOKUSHIN KARATE
S W I T Z E R L A N D



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