



Kaze-Kai Karate

Black Belt test requirements

Black belts are required to own a copy of Karate-do Kyohan by Gichin Funikoshi, and review it before the written test. The test is a combination of short answer and multiple choice questions. Black belts should have an understanding in the meaning of all kata displayed in the master text as well as a brief history of Gichin Funikoshi.

Kata: (Study name meaning)

- Taikyoku Shodan
- Heian Shodan
- Heian Nidan
- Heian Sandan
- Heian Yodan
- Heian Godan
- Tekki Shodan
- Tekki Nidan
- Bassai Dai
- Bassai Sho
- Kanku Dai

Kihon Waza:

Stances

- Zenkutsu Dachi (front stance)
- Kokutsu Dachi (back stance)
- Kiba Dachi (horse stance)
- Shiko Dachi (50/50 stance)
- Neko Ashi Dachi (cat stance)
- Hachiji Dachi (natural stance)

Dojo Kun

- Seek perfection of character
- Be faithful
- Endeavor
- Respect others
- Refrain from violent behavior

As practitioners of a Japanese art it makes us scholarly to understand its language. All of these words can be found in your student guide.

Sensei, Dojo, Rei, Obi, Gi, Hai,
Domo Arigato, Jodan, Chudan,
Gedan, Hidari, Migi, Kihon,
Waza, Kiai, Yasume, Yoi, Ma-ai,
Karate-do, Shotokan, Mawatte,
Hajime, Kumite, Kata, Shomin,
Otagai, Mokuso, Shorin, Shorei,
Uke, Go No Sen, Sen No Sen,
Sen Sen no Sen, Budo,

Strikes

- Oi Tsuki (lunge punch)
- Gyaku Tsuki (reverse punch)
- Shuto Uchi (knife hand strike)
- Uraken Uchi (back knuckle strike)
- Tetsui Uchi (hammer strike)
- Nukite Tsuki (spear hand)
- Kage Tsuki (hook punch)
- Yama Tsuki (mountain punch)
- Empi Uchi (elbow strike)

Kicks

- Mae Geri (front kick)
- Mawashi Geri (round kick)
- Yoko Geri (side kick)
- Mikazuki Geri (crescent kick)
- Tobi Geri (jump kick)
- Hiza Geri (knee kick)
- Ushiro Geri (back kick)

Blocks

- Age Uke (upper block)
- Sashite Uke (raising hand block)
- Shuto Uke (knife hand block)
- Gedan Barai (lower sweeping block)
- Uchi Uke (inner to outer block)
- Soto Uke (outer to inner block)
- Kakiwake Uke (double handed block)
- Morote Uke (augmented block)
- Juji Uke (X block)
- Ude Uke (outside forearm block)
- Morote Uke (augmented block)