

## WARM UPS

The warm up we use is great for getting the entire body going. Going through a basic warm up is important to keep you from injuring yourself during training. Following is a recommended order:

### ***Standing:***

Fingers

Wrist circles – other way – up and down – side to side

Propellers (elbow circles) – other way

Arm circles forward – backwards

Arm swings forward and back – in and out

Head circles – other way – up and down – left and right – shoulder to shoulder

Twist

Hip circles

Knees up front – side

Knee circles – other way

### ***Walking:***

Lunges

Monster walk

Sideways lunges

Sideways leg swings

Skip sideways

Carioca (grapevine)

It's really important to warm up ***\*BEFORE\**** stretching! If your body is “cold” when you start to stretch, you run the risk of injuring yourself. You have to get the blood flowing and build up some heat in your body first. By doing this, your muscles, joints, ligaments and all are able to function more properly and more efficiently.

*Karate-do* in itself is a great warm up. Start slowly and build up more speed and power and you go along. Kicks should start low and slow based on your own personal capabilities, building up speed and height as you warm up. *Karate-do* is a bi-lateral sport (you use both sides) that utilizes full range of motion.

## KIHON DOSA DAI NI

### Tachi waza

Zenkutsu dachi

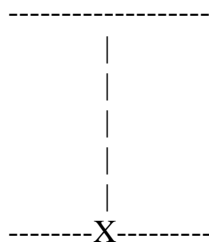
### Uke waza

Age uke

### Zuki waza

Chudan oi zuki

1. Left foot, left hand, step left to a zenkutsu dachi with age uke.
2. Step to a zenkutsu dachi with a chudan oi zuki.
3. Step behind you, turn the other way into zenkutsu dachi with age uke.
4. Step to a zenkutsu dachi with a chudan oi zuki.
5. Step left to a zenkutsu dachi with age uke.
6. Step forward to zenkutsu dachi with a chudan oi zuki.
7. Step forward to zenkutsu dachi with a chudan oi zuki.
8. Step forward to zenkutsu dachi with a chudan oi zuki. **KIAI!**
9. Left hand comes to the shoulder, big turn to zenkutsu dachi with age uke.
10. Step to a zenkutsu dachi with a chudan oi zuki.
11. Step behind you, turn the other way into zenkutsu dachi with age uke.
12. Step to a zenkutsu dachi with a chudan oi zuki.
13. Step left to a zenkutsu dachi with age uke.
14. Step forward to zenkutsu dachi with a chudan oi zuki.
15. Step forward to zenkutsu dachi with a chudan oi zuki.
16. Step forward to zenkutsu dachi with a chudan oi zuki. **KIAI!**
17. Left hand comes to the shoulder, big turn to zenkutsu dachi with age uke.
18. Step to a zenkutsu dachi with a chudan oi zuki.
19. Step behind you, turn the other way into zenkutsu dachi with age uke.
20. Step to a zenkutsu dachi with a chudan oi zuki.
21. Pull back - yame.



This is the *embu sen* or performance line for the *Kihon Dosa Dai kata*. Start at the “X” and follow the steps above.

## **.YELLOW BELT / WHITE STRIPE TESTING REQUIREMENTS**

Minimum one month since last test

Properly execute standing and walking basics

### Standing Basics

(From *hachiji dachi*)

*Choko zuki, age uke, uchi uke, yoko uke, gedan barai, mae geri, yoko geri, ushiro geri, mawashi geri*

### Walking Basics

→ *chudan oi zuki (zenkutsu dachi) - mawatte*

→ *gedan barai (zenkutsu dachi) - mawatte*

→ *age uke (zenkutsu dachi) - mawatte*

→ *yoko uke (zenkutsu dachi) - mawatte*

→ *uchi uke (zenkutsu dachi) - mawatte*

→ *chudan mae geri (zenkutsu dachi) - mawatte*

Properly execute Kihon Dosa Dai Ni

Answer the following questions:

1. Write/recite the dojo kun.

# JAPAN KARATE-DO ORGANIZATION

## Promotion Application

*All fields are required*

<b>Name:</b>	<b>Age:</b>	<b>Start date (top right corner of card):</b>
<b>Present rank:</b> Yellow belt	<b>Date of last promotion:</b>	<b>Classes from last test to next (8 min):</b>
<b>Rank testing for / testing fee:</b> Yellow belt – white stripe                      \$12	<b>Date of upcoming test:</b>	<b>Belt Size:</b>
<b>Would you like a certificate for this test?</b> No / Yes    add \$20		

*On the above date, I would like to take the promotion test, fulfilling all the requirements, according to the Japan Karate-Do Organization, Hokushin Shito-Ryu. As I understand, if my performance and dedication are not sufficient on the day of the test, I will attempt to improve my level of achievement in the future. I have attached my testing fees and I understand that they are not refundable.*

Date: \_\_\_\_\_ Student: \_\_\_\_\_

Instructor's Approval: \_\_\_\_\_ Parent's Approval: \_\_\_\_\_

Answer the following questions:

1. Write / recite the dojo kun.