



**White Belt Requirements
Jukyu (10th Level)**

Karate-do is made up of three words "Kara" meaning empty and "Te" meaning hands and "Do" meaning the way or path; therefore Karate-do, means the way of the empty hands and is meant to be used for self-defense only.

空

("Kara" -
Meaning
"Empty")

手

("Te" -
meaning
"Hand")

道

("Do" -
meaning
"The Way")

- You must know what your requirements are & the Japanese names
- Character development:** Proper attitude and greeting/ departure (eye contact)
- Demonstrate a proper [Yoi, Kiotsuke, and Rei](#)
- Kihon (Basics)**
 - [Oi Zuki \(Lunge Punch\)](#), [Gyaku zuki \(Reverse Punch\)](#), [Shuto \(Sword Hand\)](#)
 - [Zenkutsu Dachi \(Front Stance\)](#)
 - [Shiko Dachi \(Square Stance\)](#)
 - [4 Corner Blocking](#) from a self-defense stance
 - [Mae Geri \(Front kick\)](#)
- Support your dojo:** Bring in one friend to watch or try Karate
- Know the name of the Academy: **Academy of Traditional Karate**
- Know the style of Karate: **Shorin-ryu (Little Forest Style)** - Note: The style is also referred to as Matsubayashi Ryu - Pine Forest style
- Know how to count to 10 in Japanese (see initial handouts)
- Explain when you would use your karate and proper use of force. **How much force would you use if someone yelled at you, pushed you or tried to punch you?**

Materials eligible for: Safety Gear (purchase in Pro Shop)

Student Patch is awarded when you can recite the [Karate Creed](#) and explain its meaning