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|  | |  | | --- | | **Student Handbook** |   **Director - Hiroaki Toyama**  **Director - Mike Culbreth**  **1791 Ross Clark Circle, S.E.**  **Dothan, Alabama**  **334-794-8238**  ***Founder Grand Master Katsuoh Yamamoto*** |  |

Yoshukai Karate can trace its lineage back to the founding fathers of karate in Okinawa over three hundred years ago. The Japanese Grandmaster, Katsuoh Yamamoto, began his formal training in the Chito-Ryu style under Dr. Chitose. In 1959, he opened his own school in Kitakyushu City, Japan. From 1960 to 1963, Yamamoto was considered the top competitor in Japan. In 1963 Dr. Chitose pronounced him the Grandmaster of the Yoshukai style of karate. Today, Yoshukai is a worldwide organization.

Shihan Hiroaki Toyama and Shihan Mike Culbreth established the World Yoshukai Karate Kobudo Organization, under the authority of Grandmaster Yamamoto. WYKKO is the only Yoshukai style in the US that is authorized and certified by Grandmaster Yamamoto.

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| **Instructors** | **Web Sites** |
| Shihan Lisa Brinkley  Sensei Jodi Nelson  Sensei Ray Nelson  **roswellWYKKOGmail** | |  |  | | --- | --- | | Dojo | www.atlantawykko.com | | Organization | www.wykko.com | | Newsletter | yoshukaiway.blogspot.com | |



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| **Obligations of All Students** | |  | **Dojo Rules** | |
| |  |  | | --- | --- | | 1. | To devote themselves towards the development of one another, spiritually, intellectually, and physically | | 2. | To be constantly alert to the teachings of their superiors always endeavoring to master the secrets of this martial art | | 3. | To meet with fortitude any and all obstacles which may arise to hamper the attainment of goals | | 4. | To be courteous in deportment and to always remember the virtue of modesty | | 5. | To avoid all unnecessary incidents and to use this art only when all other means of self-preservation would fail | | 6. | Through the teachings of the foregoing principals, to strive to become good citizens and worthy community members | | | |  |  | | --- | --- | | 1. | Courtesy and Respect: Courtesy to Instructors and fellow students and respect for the Yoshukai System | | 2. | Speech: No profanity in Dojo | | 3. | Attitude: Must be willing to obey the rules and to learn self-discipline | | 4. | Spirit: Inner spirit is developed through confidence in your ability and should demonstrate that you to are a credit to your Instructor and to the Yoshukai System | | 5. | Cleanliness: Clean heart and mind plus a clean Gi and Body | | 6. | Bow when entering and leaving Dojo area | | 7. | No jewelry or gum chewing in Dojo area | | |
| **Five Precepts For Learners (**English**)** |  | | | **Shugyosha Gokun (**Japanese – 5 Precepts For Learners**)** |
| 1. Respect and Manners 2. Be Prudent in Action 3. Be Prudent in Speech 4. Keep High Spirited 5. Keep Yourself Clean |  | | | 1. Hitostu – Reigi o omonzubeshi 2. Hitostu – Taido o imashimubeshi 3. Hitostu - Gengo o Tsutsushimbeshi 4. Hitostu – Iki o sakan ni subeshi 5. Hitostu – Seiketsu o mune to subeshi |

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| **Testing Fees** |  | **General Testing Requirements** |  | **Organization Membership** |
| * 10th Kyu testing is free * 9th Kyu through 1st Kyu testing fee is $50 * Black Belt testing costs are listed below   A student may also incur costs related to new belts, boards for breaking, equipment for sparring, and / or weapons |  | In order to test, a student must:   * Have good class attendance * Be able to demonstrate the testing material * Be a member of the WYKKO Organization * Have a WYKKO Gi * Have Instructor’s approval |  | WYKKO Annual Membership Fee   * $50 for one member * $75 for two family members, * $95 for 3 family members * $110 for 4 or more family members   You will receive an organization packet upon registration |

**Yoshukai Information**

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| HOME DOJO – JAPAN | YEAR YOSHUKAI BEGAN | YOSHUKAI MEANS | YOSHUKAI BYWORD | YOSHUKAI PATCH |
| Kitakyushu City, Japan | 1963 | Strive for excellence | Patience | Is a combination of the Japanese flag, the word Yoshukai, and Yata-No-Kagami (the mirror which reflects truth, goodness, and beauty). |
| DIRECTORS OF WYKKO | | GRAND MASTER | |
| Shihan Hiroaki Toyama, 8th degree – Kaicho Shihan Mike Culbreth, 8th degree - Kaicho | | Katsuoh Yamamoto, 10th Degree | |

**White and Yellow Belt Japanese Terminology**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Karate | Empty Hand | One | Ichi | Front Stance | Zenkutsudachi | Fist | Seiken |
| Instructor | Sensei | Two | Ni | Straddle Stance | Shikodachi | Upper Punch | Jodan Tsuki |
| School | Dojo | There | San | Ready Stance | Uchihachijidachi | Middle Punch | Chudan Tsuki |
| Bow | Rei | Four | Shi | Attention Stance | Musubidachi | Down Punch | Gedan Tsuki |
| Yell | Kiai | Five | Go | Upper Block | Jodan Uke | Front Kick | Mae Geri |
| Prepare | Yoi | Six | Roku | Inside Center Block | Chudan Uchi Uke | Round Kick | Mawashi Geri |
| Fist to Hip Position | Tsuki (Ski) | Seven | Shichi | Outside Center Block | Chudan Soto Uke | Side Kick | Yoko Geri |
| Begin | Hajime | Eight | Hachi | Down Block | Gedan Uke | Karate Uniform | Gi |
| Finish | Yame | Nine | Kyu | One Step Fighting | Ippon Kumite | Karate Belt | Obi |
| Relax | Yasume | Ten | Ju | Color Belt Ranking | Kyu | Form | Kata |
| Attention | Kiotsuke | The Way | Michi | Strive for Excellence | Yoshukai |  |  |

**Blue and Green Belt Japanese Terminology**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Good Morning | Ohayo | Weapons | Kobudo | Cat Stance | Neko Ashidachi | Back Hand Block | Haisho Uke |
| Good Afternoon | Konnichiwa | Black Belt | Yudansha | Scissor Stance | Hasamidachi | Reverse Punch | Gyaku-Tsuki |
| Good Evening | Konbanwa | Kneel Down | Seiza | Immovable Stance | Fudodachi | Knee | Hiza |
| Punching Board | Makiwara | Knife Hand | Shuto | Crosshand Block | Juji Uke | Hammer First | Tsutsuken |
| Thank You | Arigato | Elbow Strike | Embi | Knifehand Block | Shuto Uke | Flying Side Kick | Tobe Yoko Geri |
| Close Eyes | Mokuso | Back Fist | Uraken | Elbow Block | Embi Uke | Double Jump Front Kick | Nidan Geri |
| Open Eyes | Kiamoku | Heel Palm | Shotei | Heel Palm Block | Shotei Uke | Back Kick | Ushiro Geri |
| Good Night | Oyasumi | Ridge Hand | Haito | Knee Block | Hiza Uke | Hook Kick | Kake Geri |
| Good Bye | Sayonara | Back Hand | Haisho |  |  |  |  |

**Brown Belt Japanese Terminology**

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| Horse Stance | Kibadachi | Ridge Hand Block | Haito Uke | Jump Crescent Kick | Tobe Mawashi Ko Geri |
| Parallel Stance | Heikodachi | Bent Wrist | Koken | Spin Back Hook Kick | Ushiro Kake Geri |
| Hourglass Stance | Sanchindachi | Spear Hand | Nukite | Instep | HaiSoku |
| Back Stance | Kokutsudachi | Jump Back Kick | Tobe Ushiro Geri | Edge of Heel | Sokuto |
| One Leg Stance | Ippon Ashidachi | Crescent Kick | Ko Geri | Bottom of Heel | Kakato |
| Kneeling one knee | Iai dachi | Axe Kick | Kakato Otoshi | Bottom of Foot | Koshi |
| Wedge Block | Kakiwake Uke | Spinning Back Hook Kick | Ushiro Kake Geri |  |  |

**Advanced Japanese Terminology**

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| Bear Hand | Kumade | Judge Decision | Hantei | Ten | Jue |
| 2 Finger Spear Hand | Nihan Nukite | Samurai Sword | Katana | Twenty | Nijue |
| Chasing Punch | Oizuki | Sickle | Kama | Thirty | Saniue |
| Head Strike | Zutsuki | Bamboo Sword | Shinai | Forty | Yoniue |
| Shin Kick | Sunegeri | Technique | Waza | Fifty | Gojue |
| Founder | Soke | Breaking | Tameshiwari | Sixty | Rokujue |
| President of Organization | Kaicho | Black Belt Ranking | Dan | Seventy | Sichijue |
| VP of Organization | Hu Kaicho | Stand up | Kititsu | Eighty | Hachjue |
| Main Karate School | Honbu Dojo | Make Effort You Will Achieve | Rikihittatsu | Ninety | Kyujue |
| Quality Instructor | Shihan | Catch Samurai Sword with bare hand | Shinken Shirahadori | One Hundred | Hiyaku |
| Full Point | Ippon | Right | Migi | Line Up | Seiretsu |
| Half Point | Wazaari | Left | Hidari |  |  |

**Testing Requirements**

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| **10th KYU BASIC TEST (**After minimum six weeks**)** |  |
| 1. Basic Punches 2. Basic Kicks 3. Basic Blocks - Three | 1. Basic Stances 2. 5 Basic hand, elbow, & knee techniques |

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| **10th KYU to 9th KYU Yellow Belt (ages 10 & under only)** | **Combinations** |
| 1. 27 Movements 2. Two Combinations 3. Plus all requirements for previous rank | 1. Front kick, spinning round kick using same foot 2. Twisting reverse punch |

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| **10th KYU to 8th KYU Yellow Belt** | **Combinations** |
| 1. Ni-Ju Shichi No Kata, (27 Movements) 2. Kihon Kata Shodan 3. Basic Punches, Blocks, Kicks (25 each) 4. Sparring (Japanese style) 5. Ippon Kumite #1 6. Breaking - 1 hand & 1 foot 7. Plus all requirements for previous rank | 1. Front kick, spinning round kick using same foot. 2. Front leg round kick, spinning sidekick. 3. Twisting reverse punch. 4. Down block 45% shikodachi then reverse punch, zenkutsudachi stance   (Basic kicks must be done using front and back legs.) |

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| **8th KYU to 7th KYU Yellow Belt** | **Combinations** |
| 1. Kihon Kata Nidan 2. Kihon Kata Sandan 3. Breaking - 2-Foot Techniques 4. Ippon Kumite 1 & 2 5. Plus all requirements for previous rank | 1. Front leg front kick, back leg front kick, step forward reverse punch. 2. Back leg round kick, skip sidekick, back fist |
| **7th  KYU to 6th KYU Blue Belt** | **Combinations** |
| 1. Kihon Kata Yondan 2. Zen Shin Kotai 3. Ippon Kumite 1 thru 3 4. Breaking - 1 foot, 1 hand, and Flying Side Kick   or Double Jump Front Kick   1. Plus all requirements for previous ranks | 1. Sliding forward back fist, reverse punch, round kick 2. Demonstrate in slow motion spinning sidekick, without putting foot down side kick again, face opposite direction down block. |

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| **6th KYU to 5th KYU Blue Belt** | **Combinations** |
| 1. Shihohai 2. Ippon Kumite 1 thru 4 3. Breaking - 2 boards Side Kick, 1 Hand technique, DBL Jump Front Kick 4. Nunchaku (Kihon Kata) 5. Plus all requirements for previous ranks | 1. Front foot round kick, using same foot skip side kick, back fist reverse punch 2. Demonstrate in slow motion 4 round kicks in all 4 directions without putting foot down, end with down block, reverse punch |

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| **5th KYU to 4th KYU Green Belt** | **Combinations** |
| 1. Seisan 2. Nunchaku Kata (Kihon Kata and Kihon Kata Shodan) 3. Breaking - 2 boards Side Kick, 1 Hand technique, Spinning Back kick 4. Ippon Kumite 1 thru 5 5. Plus all requirements for previous ranks | 1. Demonstrate in slow motion a front kick, a round kick and a side kick using back leg (all these are double kicks without putting foot down.) 2. Knee block, back fist, reverse punch, front kick, and double jump front kick. |

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| **4th KYU to 3rd KYU Green Belt** | **Combinations** |
| 1. Bo Kata - Shodan 2. 5 Self Defense Techniques 3. Breaking - Spinning Back Side Kick 1 board, Side Kick 2 boards, one hand technique 4. Plus all requirements for previous rank | 1. Front kick back to same position, 360 degree spinning hook kick put foot down, same foot round kick 2. Sliding 45 degrees backward, down block back first, reverse punch using same hand ridge hand, spinning hook kick |

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| **3rd KYU to 2nd KYU Brown Belt** | **Combinations** |
| 1. Niseishi 2. Bo Kata - Shodan & Nidan 3. Sai Kata - Zen Shin Kotai 4. Breaking - Side Kick 2 boards, Spinning Back Hook Kick, 1 hand technique. Flying Side Kick or Double Jump Front Kick 5. 5 Self Defense Techniques 6. Plus all requirements for previous rank | 1. Sliding forward 45 degrees, outside center block, same hand back first, reverse punch, spinning hook kick without putting foot down round kick 2. Back leg round kick, jump spinning crescent kick, back fist, reverse punch |

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| **2nd KYU to 1st KYU Brown Belt** | **Combinations** |
| 1. Bo Kata (Shodan,Nidan, & Sandan) 2. Sai Kata (Zen Shin Kotai & Shiho Hai) 3. 5 Self Defense Techniques 4. Breaking - Side Kick 2 boards, Spinning Back Kick, Flying Side, or DBL Jump Front Kick, One Hand Technique 5. Rohai Sho 6. Plus all requirements for previous rank | 1. Sliding forward 45 degrees, outside center block, same hand back first, reverse punch, spinning hook kick without putting foot down round kick 2. Back leg round kick, jump spinning crescent kick, back fist, reverse punch |

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| **1st KYU to 1st Degree Black Belt** | |
| *Testing Fee $150 Plus 4 Pictures 2X2 in Gi Top - Yoshukai tie & Suit Patch - $50.00 set* | |
| 1. Open hand kata thru Rohai Sho 2. Weapons: 3 Bo, 3 Nunchaku, and 3 Sai Katas 3. Ippon Kumite 1 thru 5 4. Breaking - 2 hand, one Stationary Kick (2 boards), spinning Back Hook Kick, and DBL Jump Front Kick | 1. 5 Sets of Self Defense - continuous with 2 attackers 2. 5 Sets Combinations with 5 different techniques (One Spinning Back or Jump Kick in each) 3. Plus all requirements for previous rank |

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| **1st Degree to 2nd Degree Black Belt** | |
| *Testing Fee $175 Plus 4 Pictures 2X2 in Gi Top* | |
| 1. Rohi Dai 2. Tenshin 3. Mugen 4. Bassai 5. Chinto 6. Sai Kata (Rohai Dai, Mugen, and Bassai) 7. Bo Kata (Shounnokon) | 1. Breaking - 2 Stationary Kicks (2 boards), One Spinning Kick, One Jump Kick, One Fist 2. 5 Sets of Self Defense - continuous with 2 attackers 3. 5 Sets combinations with 5 different techniques (One Spinning Back or Jump Kick in each) 4. Plus all requirements for previous rank |

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| **2nd Degree to 3rd Degree Black Belt** | |
| *Testing Fee $200 Plus 4 Pictures 2X2 in Gi Top* | |
| 1. Sochin 2. Yosei No Kata Sai 3. Sai tai Bo (1 thru 5) 4. Yo Shu Dai Nunchaku 5. Tensho Tonfa | 1. Breaking - – 3 kicks (1 double board) 2 hand techniques 2. 5 Sets of Self Defense - continuous with 2 attackers 3. 5 Sets combinations with 5 different techniques (One Spinning Back or Jump Kick in each) 4. Plus all requirements for previous rank |

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| **3rd Degree to 4th Degree Black Belt** | |
| *Testing Fee $250 Plus 4 Pictures 2X2 in Gi Top* | |
| 1. San Shi Ryu 2. Sai tai Bo 3. lai (Samurai Sword 1 thru 8) 4. Sai tai Bo (1 thru 5) 5. Breaking - – 3 kicks (1 double board) 2 hand techniques | 1. 5 Sets of Self Defense - continuous with 2 attackers 2. 5 Sets combinations with 5 different techniques (One Spinning Back or Jump Kick in each) 3. Plus all requirements for previous rank |
| **5th Through 7th Degree Black Belt** | |
| Shihan - $250 6th Degree - $350  5th Degree - $300 7th Degree - $400 | |

*End of Handbook*