



White belt (8th kyu) to Green belt (5th kyu)



Road Map for Youth / Teen / Adult

Welcome to Mojo Dojo Karate and congratulations on beginning or returning to your karate training.

Our intention with this road map is to make sure that all students have a clear understanding of the expectations for their next belt(s).

Road Map Outline:

- [Things to know](#)
 - Belt / Rank
 - Bowing - why and when
 - The kiai or spirit shout
 - Jewelry
 - Uniform / belt / t-shirt
 - Floor etiquette
- [Dojo Holidays](#) - (otherwise we are open for classes)
- [Class schedule](#)
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Things to Know:

Belt / Rank

In our dojo or school, rank is displayed by your belt color. Your first belt is white belt, hachikyu or 8th kyu. The Japanese reference for rank below black belt is kyu. Earning the white belt requires that the student memorize our [student creed](#) and recite it in front of the class.

Bowing

We bow as a show of respect. You will be taught the proper bow in class. Our stance is called musubi-dachi. Our hands are in a knife hand position placed on the side of our legs. We bow bending at the waist about 45 degrees, keeping our neck and head in line with our backs, eyes following our heads down. Do not bend the neck.

We Bow:

- Before entering and leaving the dojo
- Before stepping on or off the training floor
- Exchanging bows with your training partner or instructor
- Before starting a kata and after ending a kata
- At the beginning and end of class

The Kiai

Our kiai or spirit shout (OSU!) is done for many reasons. We use it as a greeting, as a response to instruction, along with a bow and to emphasize a technique.

Jewelry

Avoid wearing jewelry in class that may be harmful to yourself or others when in contact with a partner.



Uniform / Belt / T-shirt

The gi or uniform, should be laundered but never the belt, let them get that worn look. Shirts worn under the gi top should be tucked inside the pants. Mojo Dojo Karate t-shirts are available at the front desk and can be worn instead of the gi top on warm days.

Class / Floor Etiquette

- If you arrive late for class, please wait on the sidelines in your bowing position facing the instructor and wait to be bowed onto the floor. If the instructor doesn't see you, you might want to kiai to get their attention.
- When an instructor is teaching class, do not walk between the instructor and the class. Walk behind the class.
- Restroom breaks - Youth students should get permission. If it's an emergency, students should just go if it's going to avoid an accident :) Teen/Adults can excuse themselves as needed. Before you leave for the restroom make sure to bow yourself out of class and bow yourself in when you return.
- Water breaks - We'll give a break for water. Bring your own water bottle. You can replenish the bottle at our filtered dispenser.

Class Schedule:

If you are beginning in our youth class, you will be training in a mixed class of white, yellow and orange belts, which make up our three beginner ranks. If you are beginning in our teen/adult class you will be in a class with a mix of all belt levels.

Attendance:

To get the most out of your karate training we suggest you attend at least 2 classes on separate days each week. There is no substitute for time on the floor for proper preparation. Regular and consistent attendance is the key to success.

Practice:

We encourage you to only practice karate in our dojo. The only exception is at home while watching [our instructional videos](#). Karate should not be practiced with your friends or at school or work. Leave it for the dojo!



Cycles:

There are four 5-week cycles in the beginner class, with a “gap” week between each cycle. Each cycle focuses on certain requirements and students will be tested at the end of each cycle. Each cycle focuses on certain forms / katas and drills. At the end of each cycle, students are tested on their retention and performance of the material. After students earn all of their tips, they should be ready to take the belt test. [Our testing calendar](#).

Tip and Belt Testing:

White belts will earn seven tips on their belts. The first two tips (yellow & orange) will be earned by learning basic blocks & kicks. The next five tips (green, purple, brown, black & red) will be earned during our tip tests which are conducted every six weeks during our regular classes on Monday through Thursday. Yellow and orange belts will earn the last five tips.

White Belt Tip Requirements:

- Yellow - learn and demonstrate the rising, downward, inside, and knifehand blocks, 1st 10 counts of 25 count drill
- Orange - learn and demonstrate the front, side and roundhouse kicks, 1st 15 counts of the 25 count drill

White, Yellow and Orange Belt Tip Requirements

- Green - learn and demonstrate Ippon kumite katas 1-8
- Purple - learn and demonstrate Daikyoku katas 1 thru 4
- Brown - learn and demonstrate Naifu Hanchi Shodan
- Black - learn and demonstrate Pinan Shodan
- Red - learn and demonstrate 9-point drill and 3-point sparring

White, yellow and orange belts will be working on the same material each class. However orange and yellow belts should perform the material with more confidence and accurate technique since they have more experience than the white belts.



Skills:

Katas (forms)

There are six katas that will be taught in the beginner class:

- | | |
|-------------------------|--------------------------|
| 1. Daikyoku kata Shodan | 4. * Daikyoku kata Yodan |
| 2. Daikyoku kata Nidan | 5. * Pinan Shodan |
| 3. Daikyoku kata Sandan | 6. * Naifu-hanchi Shodan |

White, yellow and orange belts will all be learning the same katas. Katas represent defense against multiple attackers.

Belt test requirements:

- For yellow belt, students must perform two katas alone. At least one of the katas must be a kata with an asterisk (*) next to it, see above. The 9-point drill on the right AND left sides can also count as an asterisk kata
- For orange belt, students must perform four katas alone, at least two of the katas must have an asterisk next to it. The 9-point drill on the right AND left sides can also count as an asterisk kata
- [Additional belt testing requirements](#)

All kata videos can be accessed through our [website under the member resources tab](#).



Drills

- 25 count drill, your goal is to be counting in Japanese

<i>1 - ichi</i>	<i>10 - jū</i>	<i>19 - jū kyū</i>
<i>2 - ni</i>	<i>11 - jū ichi</i>	<i>20 - ni jū</i>
<i>3 - san</i>	<i>12 - jū ni</i>	<i>21 - ni jū ichi</i>
<i>4 - shi</i>	<i>13 - jū san</i>	<i>22 - ni jū ni</i>
<i>5 - go</i>	<i>14 - jū shi</i>	<i>23 - ni jū san</i>
<i>6 - roku</i>	<i>15 - jū go</i>	<i>24 - ni jū shi</i>
<i>7 - shichi</i>	<i>16 - jū roku</i>	<i>25 - ni jū go</i>
<i>8 - hachi</i>	<i>17 - jū sichi</i>	
<i>9 - kyū</i>	<i>18 - jū hachi</i>	

- 9-point drill, right and left with various combinations
- 9-point drill with ippons 1-8, right and left sides
- 3-point sparring

Ippon kumite katas

Ippons are defense against a single attacker. Ippons will be done with partners/attackers front and back, in order to practice both right and left sides. Ippons one through five will also be done in the 9-point drill, both right and left sides.

Belt test requirements:

- For yellow belt, students must individually perform ippons 1-8 front and back (right and left), without attackers
- For orange belt, students must individually perform ippons 1-8 in the 9-point drill on the right side. Plus, perform ippons 1-5 front and back (right and left), with attackers
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- For green belt, students must individually perform ippons 1-8 in the 9-point drill on the left side. Plus, perform ippons 1-8 front and back (right and left), with attackers



Goal: transitioning between front & back, left & right attackers, done with a minimal amount of footwork, no wasted motion. Each technique delivered with accuracy, power & control.

Monkey Drills

- Combinations using ALL learned blocks, strikes and kicks
- Practicing for monkey drills takes place during classes
- Goal: to deliver each technique or stance in combination, with confidence and fluidity

Once a student earns their green with white stripe belt, they will move on to our intermediate level classes. Learning new material, while retaining and refreshing everything from their beginner level classes.

[See schedule for Green/Purple belts for youth.](#)

Teen/adult schedule doesn't change.

Again, welcome to the dojo!

Let us know if you have any questions or suggestions at info@mojodojokarate.com.

Begin and Persevere,

Osu!

Shihan & The Mojo Dojo Karate Team