

1st Dan

Black Belt

Kata

- Tensho

Nage Circle

- Grab Techniques
- Hand Techniques
- Foot Techniques
- Combinations of the above

Tournament

- Enter at least one Kata or Kumite
- Know how to Judge

Teaching

- Group Class
- Private Class

Kumite

- 5 Kyu Rank
- 5 Dan Rank



The true essence of the Martial Way can only be realized through experience. Knowing this, learn never to fear its demand.

Always remember: in the Martial Arts, the rewards of a confident and grateful heart are truly abundant
- Sosai Masutatsu Oyama (Founder of Kyokushin-kai Karate)