

8th Kyu

Purple Belt

Kata

- Taikiokyu 3
- Taikiokyu 4

Stances

- Neko Dachi (Cat Stance)
- Dog Stance
- Fudo-Dachi (Ready Stance)
- Heido Dachi (Relax Stance)

Kicks

- Ushiro Geri (Back Kick)
- Yoko Geri (Side Kick)
- Low-High Mawashi Geri (Roundhouse Kick)

Blocks

- Shin Block
- Double Arm Kick Block
- Jodan Juji Uke (Cross Upward Block)
- Gedan Juji Uke (Cross Downward Block)

Hand Forms

- Vertical Punch
- Shuto (Chop)
- Saekin (Any Punch)
- Claw



Following the Martial Way is like scaling a cliff - continue upwards without rest. It demands absolute and unfaltering devotion to the task at hand.

- Sosai Masutatsu Oyama (Founder of Kyokushin-kai Karate)