

Northern River Karate School  
Curriculum for Gokyu and Yonkyu (green belt)

*Standing Meditation*

*Sanchin*

*Kotekitae*

*Hojo Undo*

*Seichin Kata*

*Kanshiwa Four Person Bunkai*

*Kyu Kumite*

*Questions*

Questions may be chosen from the following:

Precision: all movements have a clear beginning, middle and end point.

- a) All movements demonstrate their potential with detail and refinement.
- b) There is a sharp, vivid quality to each movement.
- c) Gaps in the mindfulness of a movement (i.e. lifting the shoulder with a punch) are seen and eliminated.

Speed: the velocity of a movement to support power and flow and to create impact.

- a) Speed issues forth in a manner that is appropriate to the effectiveness of a movement.
- b) Unequal speed in the extension and retraction of a movement is avoided.
- c) Too much speed in which a movement's fullness is sacrificed is avoided.
- d) Too little speed in which an opponent's body is not shocked (an important aspect of contact which allows for deep penetration) is avoided.
- e) The creation of an appropriate pause in the cycle of extension/retraction allows the transference of power and intent.