

Scott Hayes Karate Studio Student Handbook



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Short History	1
THE MASTERS	2
Chosin Chibana	2
Shugoro Nakazato	3
The Dojo	3
Training	4
Kata	4
Karate: Mental Aspect	4
Saika Tanden: The Kiai	5
The Uniform	5
The Belt	6
Tying The Belt	6
Private Lessons	7
Testing	7
Test Requirements	7
Test Fees	7
Test Protocol	7
Karate Kotoba: Vocabulary	7
Why Japanese?	7
Pronunciation Guide	8
Common vocabulary used in the dojo	8
Japanese Terms	10
General Terms	10
Hand Terms	10
Blocks	10
Stances	10
Foot Terms	10
Body Parts	10
Numbers	10
Punches	11
Kicks	11
Commands	11
Additional Japanese Terms	11
Teacher Titles	12
Weapons	12
YOTSU KADO NO RENSHU	13
ASSOCIATIONS	14
Okinawa Shorin-Ryu Shorinkan Karate-do	14
Dojo Train-a-thons, Mini-Camps, Mega-Camps, & Special Training	14

Weapons Camp	14
No Whiners Camp (NWC)	15
External Dojo Events	15
Philosophy	16
Oath	16
Code	16
Creed	16
Motto	16
Little Dragons' Pledge	16
Dragons', Teens' and Adults' Pledge	17
Bowling	18
Sparring Rules	18
Kobudo: Weapons	18
Black Belt Club: BBC	19
Benefits and Privileges of the BBC	19
BBC Objectives	19
BBC Qualifications	19
BBC Obligations	19
Leadership Team	20
Service Hours	20
Benefits and Privileges of the Leadership Team	20
Leadership Team Objectives	20
Leadership Qualifications	20
Rank Requirements	21
Junior Program (Dragons)	22
Adult and Teen Program	40

Short History

The origin and development of Karate is intimately tied to the history of the Okinawan people, who brought it to its present form and preserved its tradition for centuries. A major root of the discipline, however, can be traced to ancient China, where in about the year 483 A. D., Daruma Tashi developed an exercise form for the use of Buddhist monks. The exercise form was first taught by Tashi at Shorin Temple. The exercise discipline concentrated upon the art of learning to control and master the body, mind, and soul.

In the 8th century, a Chinese feudal warlord invaded and occupied the Ryukyu Islands, known then as Uruma (Okinawa). They brought with them the techniques of a fighting art that had developed from the exercise form of the Shorin Temple. The Okinawan people had already developed a system of self-defense called "Te" or "Hand". The Okinawan King, Sho Neopashi was impressed by the discipline attained through the art developed from Shorin Temple and he ordered it combined with the teaching of Okinawan Te. The combination of the Chinese and Okinawan system was the beginning of Karate.

In 1609 Okinawa was overrun and occupied by the Satsuma Clan from Japan.. The Okinawan warriors were disarmed and forbidden to own, use, or carry any weapons. Faced with the necessity of defending themselves and their people from their oppressors, and having only their bare hands with which to fight, the warriors turned to the ancient forms of Karate. In those desperate years they developed and refined the techniques of Karate until their bodies and hands were as deadly and as effective in their defense as the weapons that were taken from them. Karate was taught in secret and was only known to the king and his most loyal subjects. Where and how it was taught was a mystery to most Okinawans.

In the more settled times that followed, Karate although remaining a secret and known only through word of mouth on Okinawa, became a course of exercise valued for its health and character building. In the late 18th century, Matsumura Sobi collected and studied the various forms of Karate that had grown up around Shuri, systematized them and designed an overall method for the training of Karate. His system was called Shuri Te.

Matsumura's most famous student, Itotsu Anko of Shuri, is credited as the first person to introduce Shuri Te to the public. He taught at Naha's secondary schools and at various religious and military institutes, Itotsu passed his legacy to Choshin Chibana who was the first to call Shuri Te "Shorin-Ryu Karate-do." Shorin-Ryu Karate-do is based on the principles of physics and the laws and dynamics of physiology. Chibana spent a lifetime refining Shorin-Ryu to its present form. Chibana's number one disciple was Shugoro Nakazato who is the present leader of Shorin-Ryu as its supreme instructor and 10th degree Black Belt. Frank Hargrove began studying with Nakazato in 1963 and returned to the United States in 1973 as the first non-oriental to reach the rank of 6th, 7th, and 8th degree Black Belt in the Nakazato-Chibana-Itotsu-Matsumura lineage.

THE MASTERS

Chosin Chibana

First 10th Degree Black Belt in Shorin-Ryu Karate-Do

Chosin Chibana was born in Shuri on June 5, 1886, into a modest family. As a boy, he worked in the fields to help with his families livelihood. He attended Okinawa Prefectural Grammar School. In 1898, Chibana successfully met the requirements necessary to enter Okinawa Prefectural Daiichi Middle School, but left school in mid-course in 1900 to become a student of the widely known authority of Karate, Ankoh Itotsu. Chibana devoted his total life to the study of Karate under Itotsu Sensei for 13 years.

During this time, Chibana was a classmate to men like himself, who were to leave their mark on Karate across the world. Students studying under Itotsu Sensei with Chibana were Kenwa Mabuni, Choki Oshiro, and Masashige Shiromo, to just name a few. In 1920, Chibana Sensei opened two dojos, one in Shuri and one in Naha. Shortly before this time, Karate had been introduced to mainland Japan by several of Chibana's classmates, Kenwa Mabuni and Gichin Funakoshi. During this surge of interest in Karate, many Karate men sought ways of making what they knew more appealing, but Chibana Sensei maintained that it would take him a lifetime to understand thoroughly what he had been taught by Itotsu Sensei. He devoted his life to this principle. He could often be heard saying, "Karate is teaching Kata (form) we have taken from forefathers without changing it at all." When the many changes were taking place in Karate with the naming of different systems by Ryu names, Chibana Sensei named his system Shorin-Ryu to denote that he was teaching exactly as he had been taught by Itotsu Sensei. While training his students, he also coached students at three universities in mainland Japan; Takushoku University, Tyo University and Nihon University, through explanation of military exercise before the Pacific War.

After the war and Okinawa had recovered from the destitution, Chibana Sensei started to teach again to those students who had not been killed in the war. Many of his top students served and died for the Japanese Imperial Army.

Having devoted his total life to teaching Karate and never having another vocation, in 1956 at the age of 71, he organized the Okinawa Karate Federation and took office as its first president. This was a big step for Chibana Sensei because the Okinawa Karate Federation was made up of main Ryus that had developed in Okinawa. This was the beginning of the end of the quarreling between school and system as to whose system was the best.

In 1957, because of his efforts to unite Karate on Okinawa and his total dedication to Karate, he was given the degree of "Hanshi no Sogo" (Doctoral Master) by the Dainippon Butokukai. This was the highest rank ever given to any Karate instructor and no one has received this rank since. In 1960, he was awarded a special athletic prize by the Okinawa Times.

In 1961, he resigned from the presidency of the Okinawa Karate Federation to devote more time to his disciples. At this time, he organized the Okinawa Shorin-Ryu Karate Association made up of his disciples. From this time, although 76 years old, he devoted all his energies to his followers.

In February 1969, at the age of 84, Chibana Sensei passed away after a short illness, leaving behind him a life completely devoted to Karate and the almost impossible feat of having

trained five of his disciples, Chozo Nakama, Katsuya Miyshira, Kensei Kinjo, Yucho Ku Higa, and Shugoro Nakazato, to the stage of Kyudan (9th Degree) Karate Master.

Shugoro Nakazato

Current 10th Degree Black Belt In Shorin-Ryu Karate-Do

Shugoro Nakazato was born in Naha City, Okinawa on August 14, 1919. While attending normal school in Osaka, Japan he began his study of Karate at the age of 16 under the instruction of Ishu Seiichi. Nakazato studied under Sensei Ishu for 6 years.

During the war he was in the Japanese cavalry. After the war was over, Nakazato returned to his home in Okinawa to find his family a casualty of the war. In June of 1946, he began his study of Karate under Choshin Chibana who was the Menkyo inheritor of Anko Itotsu. In 1948 Chibana's Shuri dojo closed but Nakazato continued his study with Master Chibana. For one year Chibana gave Nakazato personal tutoring at Chibana's home.

In 1951, Nakazato was instrumental in helping Chibana open his new Dai Ichi Dojo in Naha City at Matsuo. Chibana continued his personal tutoring of Nakazato at the Dai Ichi Dojo until January 10, 1954 when Nakazato received his Shihan Menkyojo, at which time he became Master Chibana's Shihan Dai (assistant). After work as the Shihan Dai in the Dai Ichi Dojo under Chibana for one and a half years, Nakazato was commissioned by Chibana to found the Shorin-Ryu Shorin Kan Nakazato dojo in Naha City at Aza.

Nakazato was appointed as one of the directors of the Okinawan Karate Federation when it was formed in 1956 with the four major (shiryuha) systems of Karate in Okinawa (Goju-Ryu; Uechi-Ryu; Shorin-Ryu (Ko); Matsubayashi-Ryu). During this time Nakazato devoted all of his time and energy to teaching and perfecting Shorin-Ryu Karate-do. In 1960, the Okinawan Karate Federation promoted him to Eighth Degree Black Belt. Seven years later Nakazato continued his climb to the top of the Shorin-Ryu hierarchy when Master Chibana and the Okinawa Shorin-Ryu Karate-do Kyokai promoted him to Hanshi and 9th Degree Black Belt.

Nakazato began his study of weapons almost from the beginning of his training in 1935. He was trained in the sai, bo, nunchaku, tonfa, and nicho kama, but he specialized in bojitsu for 4 years. Throughout his career he has given of his knowledge very willingly. He has demonstrated his technique of Karate all over the world, in Europe, India, Africa, mainland Japan, and he has made at least 8 trips to America. He has appeared on television many times and is often a guest on the "Tokyo T.V Afternoon Show." When Master Chibana passed away Shugoro Nakazato inherited the leadership of Okinawan Shorin-Ryu Karate-do thus becoming a tenth degree black belt.

The Dojo

The dojo is traditionally known as a school of instruction where students are instructed in the martial arts (Judo, Kyudo, Kendo, Karate etc). Dojo means "place of the Way."

The dojo is not an ordinary club or gym. It is a place where students who are seriously committed to self improvement and development through the study of Karate, receive dedicated

instruction. Traditional gestures of respect such as leaving one's shoes at the door of the dojo, and bowing before entering and leaving is required. Our dojo is referred to as a second home by most of the students to the extent that it's care and maintenance is not entrusted to outsiders or janitors. The dojo is cleaned and kept spotless through the personal attention of each and every student that uses it.

The dojo provides changing areas and lockers for our students and viewing area for guests. Notices and announcements will be placed on the bulletin boards. While in the Dojo please be respectful. *Please talk quietly and do not disturb the classes.*

Training

Vigorous and enthusiastic participation in class is a basic characteristic of our Karate workouts. Classes begin with a bow of self-humility. Structured warm-up exercises follow. The vigorous training is not only for calisthenic purposes, but to strengthen the student's commitment to the way of Karate.

All Karate training at this dojo is highly structured to ensure the proper and safe development of every student. One of the basic reasons for this is that the exercises are designed that if done in random order the student would harm his musculature over a period of time. Beginning students are drilled in basic Karate movements until their confidence and ability to do them properly is unquestionable. Intermediate students continue to train in basic Karate movements as they combine them into more difficult forms and as they add new advance techniques. Advanced students continue the training they began as beginning and intermediate students and add depth and detail to their knowledge. The training combines time-tested traditional training methods and equipment with modern and scientific training methods and equipment.

Kata

Kata is the foundation of the art of Karate, in the same sense that a good background in mathematics is essential training for the mathematician. To a layman, kata would appear to be no more than a series of beautiful and graceful movements involving blocking, punching, and kicking. In essence, kata is the medium through which the student communicates his attitude, his weaknesses and his strong points thereby enabling his instructor to guide his development carefully and meaningfully.

Kata is very demanding. It demands the ultimate in balance, power, speed, concentration, breathing, confidence, and humility. These are some of the important inputs of the character-building which should be part of every human being's early training. In the Shorin-Ryu Karate system, emphasis is placed on the kata. However it should not be misunderstood that the concept and necessity of self-defense is ignored or de-emphasized. It is our experience and the experience of generations of Okinawan Karate masters that true self-defense is possible only after serious training in the above mentioned demands of kata.

Karate: Mental Aspect

The discipline of the mind and strengthening of the will are two very important aspects of Karate. The beginning Karate student first learns this discipline at the physical level where he

finds it impossible to assimilate the material fast enough and his strength and endurance fail under the pace set by the instructor. In these few weeks of confusion, sore muscles and sometimes near exhaustion, he faces the first test—to retire gracefully under the pretext of overtime, perhaps a sore back or just don't come anymore—or should he continue? To quit is to lose a part of the self and it becomes easier to quit next time. To continue is to prepare to meet greater difficulties and overcome them by the strengthening of will and the disciplining of the conscious part of the mind which offers convenient "ways out".

At some later point, the Karate student may suddenly discover that through perseverance he has gained some degree of ability in performing the techniques as well as the physical ability to come through the lessons in good shape.

Still later on, the Karate student may find himself in a new dilemma, more serious than the first. Despite a feeling of well being due to improved physical condition, the unique situation arises in which the Karate student realizes he is both defender and aggressor—that his only opponent is himself.

Saika Tanden: The Kiai

The saika tanden and its development is of the utmost importance to the Karate student. In its essence, development consists of breathing in through the nose and driving the air down into the abdomen, holding it and then releasing it slowly through clenched teeth. This may also be coordinated with very slow Karate punching under extreme muscle tension for additional effect.

The use of the saika tanden (SHITA HARA) occurs through the sudden tensing of the muscles of the lower abdomen and the pelvic region by driving the breath down and out. When employed as in delivering a blow, it should coincide with the blow, with the result that all the power of the body is concentrated at the moment and focus of impact.

The kiai, which means "spirit meeting" or "Shouting Spirit", may be used to intensify the power of the shita hara and is a shout which may be "sut" or any other sound suited to the individual. It also tends to momentarily disorganize the opponent and cause him to freeze or falter. The Karate student will also find it of value in nullifying or reducing the effect of shock from a blow or fall. In this case one almost ceases to exist during the kiai and with its suddenly induced tension followed by complete relaxation there is little or no sensation of impact. Deep abdominal breathing is associated with the cultivating of the kiai which emanates from shita hara and is credited with the power of placing an opponent in a helpless position. Through breath control, deep concentration, and positive thought on a definite subject, the power will readily be recognized and eventually the feeling of having an invisible shield will surround you.

The Uniform

The official uniform is a traditional white karate uniform called a "dogi" or just "gi". The gi is of a kimono style, which means that the sides of the jacket cross over the chest of the wearer. The right side of the jacket has a string tie that is tied to another string tie on the left side of the jacket near the hip. The left side of the jacket has a string tie that is tied to another string tie on the right side of the jacket near the hip. The official uniform must be worn during tests, grading, presentations, camps, and other times as required by the instructor.

The sleeves of the gi jacket should be hemmed somewhere between the wrist and the mid point of the forearm. The hem should be no higher than the mid point of the forearm. The pants of the gi should be hemmed somewhere between the ankle and the mid point of the shin. The hem should be no higher than the mid point of the shin.

The ties of the gi should not dangle below the jacket. If the waist tie of the pants dangles below the bottom of the jacket, tuck the tie into the pants.

The gi should be kept clean at all times. Prompt and proper cleaning will prevent stains from setting in. The gi should be free of wrinkles. Heavy weight gis should be ironed. Fold a gi to prevent wrinkles before you place the gi in your karate bag.

During the warm months a School T-Shirt may be worn in place of the jacket of the gi. The School T-Shirt must be tucked into the pants of the gi.

The Belt

The belt is called “obi”. The obi indicates the rank of the student. The obi must be treated with respect, since the obi represents the students level of training in Karate-do. The Obi is *never* washed. “Washing the obi will remove the knowledge and the spirit that the karate student has put into it.” Different colors represent different ranks. The belt colors are from lowest rank to higher: White, Gold, Orange, Purple, Blue, Green, Brown, and Black. Some ranks have white stripes near the tails of the obi on the left side. These white stripes indicate rank. A blue with no stripes is a lower rank than a blue belt with one white stripe. Belts will have black stripes on the right tail of the obi. These black stripes indicate progress towards the next rank. Black Belts are allowed to have Japanese Kanji on their obis. The name of the student is on the right tail of the obi and the association name is on the left tail of the obi.

Tying The Belt

1.) Hold the belt up by the middle so that the free ends hang down. **2.)** Put the middle of the belt on the front of the waist just beneath the belly-button. **3.)** Wrap the belt around the waist and bring the free ends back to the front. **4.)** Cross the free ends of the belt on top of the middle of the belt so that they lay flat. (Fig 1) **5.)** Take the free end of the belt that is on top down, come up behind all the wraps of the belt, and pull the free end out in the same direction that it was going. *Now one end is coming out from the top of the belt, one end is coming out from the bottom of the belt, and they are going in opposite directions.* (Fig 2) **6.)** Grab the bottom end and flip it over so that it is going in the same direction as the top end. **7.)** Grab the top end and flip it over so that it is now going in the opposite direction as the bottom end and that is laying on top of the bottom end (fig 3). **8.)** Take the top end down, behind the bottom end and pull it out through the loop (Fig 4.).



Figure 1



Figure 2



Figure 3



Figure 4

Private Lessons

Private lessons are one-on-one training sessions with one of the instructors. The private lessons are highly beneficial to the student. A 30 minute private lesson equivalent to one hour of normal class. Private lessons are good to catch up on material missed due to an illness, to improve already known techniques, to get ready for a test or a tournament. Ask your instructor about scheduling a private lesson.

Testing

Belt tests are scheduled every three months: March, June, September, and December. Testing normally occurs during the last week of that month. Belt testing may be moved to accommodate special events. Belt tests for gold, orange, and purple belt normally occur during the class. Belt tests for blue belts and higher normally occur on the weekend due to the time involved to cover the material.

Test Requirements

There are several requirements for testing: knowledge of material, proficiency in material, class hours, and attitude. In order to be *eligible* to test you must have the *minimum* required number of classes, know and be able to do the required material for the next belt, and show proficiency in the required material. Students may be held back if they lack proficiency over an area of material, or if they have an inappropriate attitude. Once you have met the requirements for testing, the instructor will inform you when you are testing.

Test Fees

Test fees are charged for each belt test. Your tuition includes one test fee per belt. If you have to re-test for a belt, you must pay the test fee for that belt. For ranks below Black Belt the test fee is \$25. The test fees for Kobudo is not included in your tuition. The test fees are \$25 for ranks below Black Belt. For Black Belt test fees, please see the instructor.

Test Protocol

The protocol for testing is quite simple. The instructor will inform you that you are testing as well as when and where the test will be. It is poor etiquette to ask your instructor to test. Wear a white gi. The gi should be clean and free of wrinkles. Patches should not be peeling off. Show up for the test on time. Remember this is a test, not normal class. No help will be forthcoming, if you do not know it, then you do not know it. When you are done with your test the instructor will either dismiss you or instruct you to sit quietly and watch the rest of the test.

Karate Kotoba: Vocabulary

Why Japanese?

Why speak Japanese in the Karate dojo? First, because it is a way to show respect to the heritage of Karate. Karate is no longer "Japanese only," but because of the international scope which Karate has taken, it is practical to be familiar with the mother language of Karate. Karate

terms in Japanese should not be memorized from a long list of terms, but should be learned as a working tool for the techniques as one learns.

Pronunciation Guide

The secret to pronouncing Japanese correctly is the vowel sounds. There are five vowel sounds in Japanese. These are about the same as the vowel sounds in French: A as father, I as in marine, U as in full, E as in pen, and O as in go. Thus A, I, U, E, O, in this order are formed with fifteen consonants to form the basic 46 Japanese syllables with some additional sound changes. Japanese syllables are of one and two letter combinations with an occasional double consonant.

A	Ka	Sa	Ta	Na	Ha	Ya	Ma	Ra	Wa
I	Ki	Shi	Chi	Ni	Hi		Mi	Ri	
U	Ku	Su	Tsu	Nu	Hu	Yu	Mu	Ru	
E	Ke	Se	Te	Ne	He		Me	Re	
O	Ko	So	To	No	Ho	Yo	Mo	Ro	O N

Common vocabulary used in the dojo

Do: Literally means "the way, the path or the approach." The arts of Japan are usually attached to this "do". It suggests that the arts are a way for the ultimate perfection of human character.

Jitsu: Art, concerning itself with the physical mechanics of the technique with no emphases on the character development of the student.

Dojo: a hall or place (jo) where the way (do) of the martial arts is practiced.

Seiza: formal Japanese way of sitting on the floor with one's knees bent under him. It literally means to "sit correctly".

Mokuso: means meditation or quiet contemplation. The purpose of mokuso is to achieve mental and physical quietness and tranquility before and after training.

Rei: a command used for bow. Bowing may be done standing or sitting. One bows to the front to show respect to the heritage of Karate, to the instructor and to each other to express mutual respect, trust, and appreciation.

Shomen ni rei: Bow to the front.

Sensei ni rei: Bow to the teacher.

Otagai ni rei: Bow to each other.

Tatte (tatsu): a command to stand up from the seiza position.

Yoi: a command to be mentally alert and ready for action.

Kamae: a command to move into ready position for action either for defense or attack. The open leg stance will allow one to move into action with economy of energy and motion, therefore the open leg stance is used as the ready position.

Hajime (Hajimaru): means the beginning or the start. As a command it is begin, start, or go.

Maai: a term which refers to the effective distance between two opponents. It is a distance which is moving constantly relative to the position of the opponents.

Kiai: command to let out a sound at the moment of focus to aid in the tensing of body muscles and focusing of the mind for a more effective technique.

Japanese Terms

General Terms

Dai Senpai- most senior student
Senpai- senior
Dohai- peer
Kohai- junior
kime- focus
kiaï- shout
zuki- punch (used with other words)
tsuki- punch (used alone)
uchi- strike
uke- block
geri- kick
dachi- stance
kumite- sparring
mae- front
mawashi- round
yoko- side
ushiro- back
migi- right
hidari- left
keage- snap
kekomi- thrust
dojo- training hall
obi- belt
yudansha- black belter
mudansha- non-black belter

Hand Terms

seiken- fist
uraken- back fist
tettsui- hammer fist
haito- ridge hand
shuto- knife hand
nukite- spear hand
teisho- palm heel
haishu- back of hand

Blocks

jodan-age uke- rising block
chudan uke- inside block
ude uke - outside block
gedan-barai- low block
soto uke- x block
shuto uke - knife hand block
morote uke- augmented block

Stances

heisoku dachi- closed foot #1
musubi dachi- open toes #2
heiko dachi- parallel foot #3
hachiji dachi- ready stance #4
naihanchi dachi- pigeon toe #5
sumo/shiko dachi- straddle leg #6
kiba dachi- horse stance #7
zenkutsu dachi- forward stance #8
kokutsu dachi- back stance #9
neko ashi dachi- cat-foot stance #10
shizentai dachi- fighting stance #11
kosa dachi- cross-legged stance
sanchin dachi- hourglass stance

Foot Terms

koshi- ball of foot
kakato- heel of foot
sokuto- edge of foot
haisoku- instep of foot

Body Parts

jodan- upper area
chudan- middle area
gedan- lower area
atama- head
kao- face
te- hand
kanetsu- knuckles
ude- arm
hiji- elbow
empi- elbow
ashi- leg
hiza- knee
kyobu / mune- chest
senaka- back

Numbers

ichi- one
ni- two
san- three
shi / yon- four
go- five
roku- six
shichi / nana- seven

hachi- eight
ku- nine
ju- ten
juichi- eleven
niju- twenty
sanju- thirty

Punches

seiken-zuki- straight punch
gyaku zuki- reverse punch
oi zuki- lunge punch
age zuki- rising punch
mawashi zuki- round-house punch
tate zuki- vertical fist punch
ura zuki- short, inverted punch

Kicks

mae geri- front kick
mawashi geri- round house kick
yoko geri- side kick
ushiro geri- back kick
tobi geri- jump kick
fumikomi- stamping kick
kake geri- hook kick
kin geri- groin kick
nidan geri- double jumping kick

Commands

kiotsuke - attention
rei - bow
yoi- prepare
kamae- ready position
matte- wait
yame- stop
mawatte- turn
hajime- begin
narande- line up
modotte- return to ready
hayaku- quickly
yukkuri- slowly
yasunde- relax, rest

Additional Japanese Terms

anata wa- And you?
antei- balance
ashi barai- leg sweep
Bojitsu- Art of the Bo

bunkai- the meaning or application of a move in a kata
bushi- warrior
Bushido- way of the warrior
dai (dai ichi)- number
dai (Passai Dai)- greater, major
dan- black belt rank. There are 10 of these.
deashibarai- forward foot sweep
do- the way or path
doita shimashite- you are welcome
domo arigato- thank you
domo arigato gozaimasu- thank you very much
dozo- please
fukyu- fundamental
genki desu- I am fine
gi- Karate uniform
go- hard or five
hai- yes
hara- abdomen, center of Ki
harai- sweep
hiji ate- elbow smash
ikaga desu ka- how are you?
ippon ken- one knuckle fist
itchoku sen- straight line
jiyu kumite- free style sparring
ju- soft or ten
Judan- 10th degree black belt
Jitsu- art
kara- empty
Karate- empty hand
Karate-do- the way of the empty hand
kata- forms
keiko- practice, drill
ki- spirit
kihon- basic
kimochi- attitude
Kobudo- ancient martial ways
Kobujitsu- art of ancient weapons
kogeki- attacker
koko- here
kokoro-mind, heart, spirit, feeling
konban wa- good evening
konnichi wa- good afternoon
koroshi waza- killing technique
kudasai- please give me the favor of
kumite- practice fighting
kuzushi- leverage
kyu- non-black belt. There are 10 of these.

Kyusho Jitsu- the art of striking vital points
ma- distance
maai- individual distance
makiwara- punching board
massugu- straight
mokuso- quiet meditation
mokuso owari- meditation over
mudansha- kyu rank holder
nage wasa- throwing technique
nagore- deep breathing
naisan- woman, girl
neisan- man, boy
Nihongo- Japanese language
o-hayo gozaimasu- good morning
o-negai shimasu- teach me
please
o-yasami nasai- good night
osoto geri- major outside reap
renshu- to study
ryu- way, school, system
Ryukyu- chain of islands of which Okinawa is a part
sayonara- good bye
seiza- formal sitting posture
shiai- match, contest
shimai made- at the end
sho- small, minor
shomei- front central area of the dojo
shomen- front
shomen ni rei- bow to the front
tai- body
tai sabaki- body shifting
taiso- exercise
tameshi waza- breaking
tatami- straw floor mat
tate- standing, vertical
tsuyoki- strong spirit
tuite waza- grappling hand technique
waza- technique
yakusoku kumite- prearranged fighting

yotsu kado no renshu- four corner turning drill
yowaki- weak spirit
yukkuri- slowly
zanshin- remaining mind, perfect finish
zarel- seated below
zazen- formal seated meditation

Teacher Titles

Sensei-Teacher, giver of life
Shihan Dai- Master's Assistant
Shihan- Master Instructor
Renshi- Highest Teacher
Kyoshi- Karate Master
Hanshi- Grandmaster

Rank Names

Nyudansha- White Belt
Mukyu- Beginning Grade
Jukyu- 10th grade
Kukyu- 9th grade
Hachikyu- 8th grade
Nanakyu- 7th grade
Rokukyu- 6th grade
Gokyu- 5th grade
Yonkyu- 4th grade
Sankyu- 3rd grade
Nikyu- 2nd grade
Ikkyu- 1st grade
Shohan-Ho- Step before Shodan
Shodan- 1st Rank
Nidan- 2nd Rank
Sandan- 3rd Rank

Weapons

bo- six foot staff
eku- oar
jo- four foot staff
kama- sickle
nunchaku- flail
sai- truncheon
tonfa- handle

YOTSU KADO NO RENSHU

1. **ICHIBANME**
Natural Stance
High Block
Reverse Punch
2. **NIBANME**
Natural Stance
Middle Inside Block
Reverse Punch
3. **SANBANME**
Natural Stance
Low Block
Reverse Punch
4. **YONBANME**
Forward Stance
High Block
Reverse Punch
5. **GOBANME**
Forward Stance
Middle Inside Block
Reverse Punch
6. **ROKUBANME**
Forward Stance
Down Block
Reverse Punch
7. **NANABANME**
Back Stance
High Block
Forward Stance
Reverse Punch
8. **HACHIBANME**
Back Stance
Inside Block
Forward Stance
Reverse Punch
9. **KYUBANME**
Back Stance
Down Block
Forward Stance
Reverse Punch
10. **JUBANME**
Cat Stance
High Block
Front Kick
Reverse Punch
11. **JUICHIBANME**
Cat Stance
Middle Inside Block
Front Kick
Reverse Punch
12. **JUNIBANME**
Cat Stance
Down Block
Front Kick
Reverse Punch
13. **JUSANBANME**
Forward Stance
Middle Inside Block
Front Kick (Back Leg)
Down Block
Reverse Punch
14. **JUYONBANME**
Forward Stance
Down Block
Front Kick (Back Leg)
Side Kick (Front Leg)
Down Block
Reverse Punch

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|--|--|
| <p>15. JUGOBANME
 Cat Stance
 Middle Inside Block
 Front Kick (Front Leg)
 Down Block
 (in Forward Stance)
 Reverse Punch</p> | <p>18. JUHACHIBANME
 Cat Stance
 Knife Hand Block
 Front Kick (Front Leg)
 Reverse Punch</p> |
| <p>16. JUROKUBANME
 Cat Stance
 Middle Inside Block
 Front Kick (Back Leg)
 Down Block
 (in Forward Stance)
 Reverse Punch</p> | <p>19. JUKYUBANME
 Cat Stance
 Knife Hand Block
 Front Kick
 (Front Leg move into Forward Stance)
 Down Block
 Reverse Punch</p> |
| <p>17. JUNANABANME
 Cat Stance
 Knife Hand Block
 Reverse Punch</p> | <p>20. NIJUBANME
 Cat Stance
 Knife Hand Block
 Side Kick
 (Back Leg down in Forward Stance)
 Reverse Punch</p> |

ASSOCIATIONS

Okinawa Shorin-Ryu Shorinkan Karate-do

As a student of Hanshi Nakazato, Scott Hayes Karate is a member of the Shorin-Ryu Shorinkan Karate-do. This is Hanshi Nakazato's organization. Sensei travels to Okinawa once a year to train with Nakazato Sensei.

Dojo Train-a-thons, Mini-Camps, Mega-Camps, & Special Training

Throughout the year, the Dojo holds extra training activities ranging from 8 hour Train-A-Thons on Saturday afternoon to 25 hour weekend Mega-Camps held at the Dojo. Special training events can range from an all-night training class to a weekend retreat in the mountains or at the beach. These extra training activities are very information and physically intensive, highly motivated, inspirational, and energizing. With these extra training activities you can jump-start yourself to a higher level, catch up on missed classes, get a head on classes and material, or just get yourself motivated. Some activities cost only effort and sweat, other activities have a monetary cost.

Weapons Camp

Weapons Camp is an intense weekend of weapons training. The camp is generally held in Virginia. Scott Hayes and other high ranking instructors provide a weekend of intense weapon

training. The weapons taught are the bo, sai, tonfa, nunchaku, eku, and Kama. At this camp you will learn the taiso renshu for each weapon and a kata in each weapon depending on your rank. Belt testing is done on the last day of the camp.

No Whiners Camp (NWC)

The No Whiners Camp is a weekend camp held away from the Dojo. It is a weekend of high intensity training. Training will be outside. This camp focuses on intensity of effort, high energy output, hard work, and lots of sweat. Attendance to this camp is restricted, students need Sensei's invitation / permission.

External Dojo Events

A few times a year the dojo will support some training events held by other instructors. These events are not required. Students of the appropriate rank and age will receive information about these events

Philosophy

Oath

I will train my heart and body for a firm, unswaying spirit.

I will pursue the meaning of Karate-do.

I will follow God, and never forget the true virtue of humility.

I will observe the rules of courtesy, respect my superiors, and refrain from violence.

I will look upwards to wisdom and strive for inner strength.

All of my life, through the discipline of Karate, I will seek to fulfill the true meaning of peace.

Code

I will never use my hands or feet without just cause.

I will never accept or challenge anyone to prove my skill.

I will avoid all arguments.

I will think of the other person's well being if forced to defend myself.

Creed

I come to you with only Karate - empty hands.

I have no weapons,

But should I be forced to defend myself,

My principles, my honor, or my family,

should it be a matter of life or death, or right or wrong,

then here are my weapons, Karate, my empty hands.

Motto

The ultimate good lies not in winning a hundred battles,

but in overcoming an enemy without a

conflict, through love.

Little Dragons' Pledge

1. We love our country.
2. We love and respect our parents.
3. We respect the ceremonies of the karate-do tradition.
4. We respect our education.
5. We will fulfill our duties.
6. We love and respect each other.
7. We promise to cultivate healthy minds and bodies.
8. We are a black belt school. We are motivated. We are dedicated. We are on a quest to be our best. Shorin!

Dragons', Teens' and Adults' Pledge

1. I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.
2. I will develop self-discipline in order to bring out the best in myself and others.
3. I will use what I learned in class constructively and defensively in order to help myself and my fellow man and never to be abusive or offensive.
4. We are a black belt school
We are motivated
We are dedicated
We are on a quest to be our best
Shorin!

RESPECT	— To treat something as worthwhile, to hold dear or precious
HUMILITY / MODESTY	— To be proud of your accomplishments but not boastful. Able to do well but not act superior to others.
DISCIPLINE	— To follow instructions given to you
SELF-DISCIPLINE	— To do what you are supposed to do without being told to do it.
SELF-CONTROL	— To do what is right and good for you
COURTESY	— To have respect for other people, to be polite and helpful
INTEGRITY	— To be truthful to yourself and others. To be someone others can trust, rely on and count on.
PERSEVERANCE	— To keep on going when you feel like quitting. To try to do your best.
INDOMITABLE SPIRIT	— To have the courage to keep on going no matter what. To get back up and do it again.
ZANSHIN	— “Remaining mind, perfect finish.” To keep alert and ready. To be in position to move again. Not rushing from move to move.
FUDOSHIN	— “Unshakable spirit.” To not be intimidated. To not waver.
MUSHIN	— “No mind.” To act without having to think while still being aware.
MIZU NO KOKORO	— “Mind like water” To react to your opponent without anticipating. To adapt, to take what is given to you.

Bowing

Bowing in the Martial Arts shows respect and humility. You bow when entering or leaving the training floor to show respect to the place where you train. You bow to your instructor before and after talking or asking a question to show respect. You bow to the Shomei (the front of the Dojo) to show respect to the tradition of the Art. There are two types of bowing in the Dojo, a standing bow, and a more formal seated bow.

For the standing bow you bring your feet together, bring your hands to the slides of your legs, and bend at the waist about 45 degrees. You keep your eyes forward and looking at the person you are bowing to.

For the seated bow: 1) Sit in seiza. 2) Put your left hand palm down in front of you, fingers together and your thumb pointing out to the side. 3) Put your right hand palm down in front of you, fingers together and your thumb pointing to the side. The tips of the thumbs should touch and the tips of the index finger should touch. 4) Bend at the waist lowering your face towards your hands. 5) Bring your right hand back to your leg. 6) Bring your left hand back to your leg.

Sparring Rules

Sparring is a contact activity and the participants assume any risk created by their participation in sparring activity.

- Sparring equipment (Mouthpiece, hands, feet, and headgear) is mandatory. An athletic supporter and cup is mandatory for males. Chest protectors are strongly encouraged for females.
- Body contact shall be limited to light contact.
- Contact is permitted to the torso (between the waist and below the neck).
- No contact is permitted to the head, face, neck, or groin. Advance students, when instructed, may have *light contact* to the head gear.
- ALL sparring matches must be supervised by an Instructor.

Kobudo: Weapons

The Kobudo Program, martial arts weapons training, is optional and is available at no extra charge. Children must be either 12 years old, a blue belt in rank, or have special permission from Sensei. This class stresses very strongly that the weapons must be respected and never played with. The ranking system for Kobudo is separate from the karate ranking as is the belt testing for rank in Kobudo. The Kobudo test fee is \$25 per belt under Shodan.

Students taking weapons should have their own weapons within two months of starting the Kobudo Program. The basic weapons are the bo, sai, tonfa, and nunchaku.

It is strongly recommended that students in the Kobudo Program attend Weapons Camps.

Black Belt Club: BBC

The BBC is an association of Black Belts and non-black belt students. These students have set reaching Black Belt as their Martial Arts goal. The BBC provides its members an in depth and traditional training curriculum designed to help them achieve Black Belt Excellence and the highest levels of physical, mental and spiritual development.

Benefits and Privileges of the BBC

Being a member of the BBC testifies to the student's high level of dedication to, and proficiency in, the Martial Arts. Certain benefits and privileges are made available to members as a way of both rewarding their commitment and supporting them in their quest to perform at their highest potential.

- Special belts are worn by BBC members. All colored belts will have a black stripe down the middle of their belts.
- BBC members can wear a special blue gi.
- Access to special training and equipment
- One private lesson per month with the Instructor.
- Special social events, workshops, and seminars (open only to BBC members).
- Possible selection to the SHKS Demo Team.
- BBC members are eligible for membership in the Leadership Teams: S.T.O.R.M. Team, S.W.A.T. S.W.A.T. II, and D.E.L.T.A. Force teams.
- BBC members are eligible for Tamashii Quest, Warrior Quest, and Nyu Nanshin Programs.
- Unlimited class privileges.
- BBC members will have their name placed on a black belt on the wall of the Dojo to bear witness of their commitment to black belt.

BBC Objectives

The overall objective of the BBC is to help its members attain their personal best. As martial artists, emphasis will be placed on skill and technique, physical ability, and moral character.

BBC Qualifications

Orange Belt minimum in rank

Demonstrates commitment, dedication, a hardworking and positive attitude, and honor

Essay on "Why you want to be a Black Belt and why you want to join the BBC"

Respect (Rank, Honor, Traditions)

Good grades (for school age children)

Sponsorship from a BBC member

Must be able to attend BBC classes

Recommended by Instructor

BBC Obligations

BBC members must maintain the standards of the BBC. They must continue to strive to achieve Black Belt Excellence. They must continue to be examples of hard work and dedication. Failure to maintain these may / will result in disciplinary action including suspension or expulsion from the BBC.

Leadership Team

The Leadership Team is a program to develop leadership qualities and skills in our students. This program will give the student the necessary information, training, and experience to become a leader. The student can earn the title “Sensei” once the minimal rank and age requirements are met and upon completion of a written and practical exam. The useful skills developed through this program prepare the students for leadership roles at school and the workplace. Members of the team include Black Belts and non black belts. Each team member is highly motivated and enthusiastic. The Leadership Team is very selective. Prospective members are nominated and sponsored by a current Leadership Team member.

Service Hours

Leadership and teaching skills can only develop so far with lectures and handouts. Practical hands-on training is required. Not only does this develop “people skills” it also allows the student to experience the “unexpected happenings” of a live environment. Therefore, Service Hours are one of the requirements for each level. There are several ways to earn Service Hours, assisting in class, assisting at special events, and tutoring other students.

Benefits and Privileges of the Leadership Team

- Leadership training
- Learn how to teach individuals and groups
- Learn how to run classes including warm-ups, stretching, and giving instruction
- Learn how to follow a lesson plan and learn how to create lesson plans
- Preparation for the Sensei Exam.
- LT members can wear a special red Gi and special LT patches.
- Special social events, workshops, seminars, and training events.
- Access to special training and equipment.
- Access to all classes.

Leadership Team Objectives

The objective of the Leadership Team is to develop leadership and teaching skills in its members. To teach the student how to run and plan classes. To prepare the student for the Sensei Exam.

Leadership Qualifications

There are four levels in the Leadership Team: STORM, SWAT, SWAT II , and DELTA Force.

STORM (Super Team of Role Models)

Orange Belt minimum in rank

Minimum age 8

Good attendance

Must be able to assist with 1 class a week or more

Must be able to attend LT classes

Must get a recommendation from Instructor

Good grades

Good behavior and attitude

Respect (Rank, Honor, Traditions)

Initiation (Storm, Swat, Swat II, & Delta Force Members)

SWAT (Superior Winning Attitude Team/ Students Working At Teaching)

STORM qualifications plus:

Purple Belt minimum in rank

Minimum age of 9

100 STORM service hours

Test on Teaching and Material

Must be able to attend SWAT Classes

SWAT II

SWAT qualifications plus:

Minimum age of 13

100 SWAT service hours

6th Kyu Green minimum

Test on Teaching and Material

DELTA Force (Dedicated, Enthusiastic, Loyal Teacher's Assistants)

SWAT II qualifications plus:

100 SWAT II service hours

3rd Kyu Brown

Know material inside and out (Physical and Written test)

Good teacher

Test on Teaching and Material

Essay: "What it means to be a teacher?"

Minimum age of 15

Rank Requirements

The Shorin-Ryu Shorinkan sets the minimal requirements and standards for the kyu (non-black belt ranks) and dan (black belt ranks) ranking system. These requirements and standards are universal in all Shorin-Ryu Karate-do Dojos that are members of the Shorin-Ryu Shorinkan. The Adult and Teen programs adhere to the standards set forth by the Shorin-Ryu Shorinkan.

The Shorin-Ryu Shorinkan does not have a Junior Karate Program and allows each dojo the freedom to develop their own based on their dojo's needs. The only requirement on these junior programs is that the Shodan rank (1st Degree Black Belt) meet the same requirements and standards for the Adult / Teen program.

Our belt ranking systems for children (ages 5-7 and 8-12) reflect our special Junior Karate Programs, the Little Dragons and the Dragons. Our Junior Karate Programs are specially designed for children ages 5-7 and 8-12 years old to give them the most out of their karate training and to meet the standards set forth by The North American Shorin-Ryu Karate-do Association. In the Junior Karate Program there are four (4) levels of Junior Black Belt. These Junior Black Belts are before the ranks of Shodan-ho and Shodan. The rank of Shodan (1st Degree Black Belt) has a minimal age requirement of 12 years.

Junior Program (Dragons)

Dragon Gold Belt Requirements Minimum Hours 25

Stripe 1

Karate Kotoba Rei Kiotsuke Kamae Sensei Kyoshi count 1-10
Kiai Domo Arigato

Kihon Dachi #1 Heiko #2 Musubi #3 Heisoku #4 Hachiji Shizentai

Ashi Waza Stepping in Shizentai Dachi

Te Waza Seiken Zuki Jodan Zuki Chudan Zuki Gendan Zuki (Hachiji)
Migikae Zuki Gyaku Zuki (Shizentai)

Uke Waza Soto Age Ude Chudan Gedan Barai

Kihon Geri Tate Mae Geri Tate Yoko Geri

Ukemi Waza Back Fall

Philosophy Respect

Stripe 2

Karate Kotoba Dachi Zuki Uke Geri Seiken Kimochi

Kihon Dachi #5 Naihanchi #6 Shiko #7 Kiba #8 Zenkutsu

Te Waza Jodan Oi-Zuki Chudan Oi-Zuki Gendan Oi-Zuki (Shizentai)
Migikae Zuki / Gyaku Zuki Combination (Shizentai)

Uke Waza Age Ude Chudan Gedan Barai Shuto
(Shizentai Dachi with Gyaku Zuki on 2nd count)

Kihon Geri Tate Mawashi Geri Tate Ushiro Geri

Ukemi Waza Front Fall Shoulder Roll

Philosophy Humility / Modesty

Belt

Stripe 1 Stripe 2

Dragon Orange Belt Requirements
Minimum Hours 30

Stripe 1

Karate Kotoba	Kansetsu	Massugu	Itchoku sen	Shimai Made	count 10-20
Kihon Dachi	#1 - #8	#9 Kokutsu	#10 Neko Ashi	#11 Shizentai	
Ashi Waza	Stepping in Zenkutsu Dachi		Slide-up in Shizentai Dachi		
Te Waza	Seiken Zuki	Jodan Zuki	Chudan Zuki	Gendan Zuki (Shiko Dachi)	
	Migikae Zuki	Gyaku Zuki (Kokutsu / Zenkutsu 3 count)			
	Gyaku-Oi Zuki	Tettsui	Teisho Uchi (2)		
Uke Waza	Age	Chudan	Ude	Gedan Barai	Shuto
	(Kokutsu Dachi with Gyaku Zuki 2 count)				
Kihon Geri	Tate Mae, Yoko, Mawashi, Ushiro		Stepping Mae, Yoko, Mawashi		
Ukemi Waza	Back Fall, Front Fall, Shoulder Roll				
Philosophy	Discipline				

Stripe 2

Karate Kotoba	Karate Modotte	Yasunde Kime	Gi		
Kihon Dachi	#1 - #11				
Ashi Waza	Lunge in Shizentai Dachi	Yoko-Oi	Ushiro-Oi Neko Ashi Dachi		
Te Waza	Jodan Oi-Zuki	Chudan Oi-Zuki	Gendan Oi-Zuki (Zenkutsu)		
	Migikae Zuki / Gyaku Zuki Combination (Kokutsu / Zenkutsu)				
Uke Waza	Uke Waza Dai Ichi	Ushiro Oi-Uke (Shizentai Dachi)			
Kihon Geri	Slide-Up Mae, Mawashi, Yoko, Ushiro				
Ukemi Waza	Osotogari				
Kata	Kihon Ippon				
Philosophy	Self Discipline				

Belt

Stripe 1	Stripe 2
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Dragon Blue Belt 1 Requirements
Minimum Hours 35

Stripe 1

Karate Kotoba Shorin-Ryu Dojo Kyu Dan count 10 20 30 40 50 60 70 80 90
Domo Arigato Gozaimasu O-hayo Gozaimasu Dozo

Kihon Dachi #1 - #11

Ashi Waza All stepping, slide-up, & lunging

Te Waza Seiken Zuki Jodan Zuki Chudan Zuki Gendan Zuki (Shiko Dachi)
Migikae Zuki Gyaku Zuki (Kokutsu / Zenkutsu Full and Snapping)
Spinning Tettsui Teisho Uchi (2) Yoko-Oi Zuki

Uke Waza Uke Waza Dai Ichi in Zenkutsu Dachi

Kihon Geri Tate, Stepping, Slide-up Mae, Mawashi, Yoko, Ushiro

Kata Kihon Nihon

Philosophy Self-Control

Stripe 2

Karate Kotoba Konnichi Wa Konban Wa Oyasami Nasai Sayonara
Gomen Nasai Dozo kudasai Doitashimashite Do Jitsu

Ashi Waza Yotsu Kado No Renshu

Kunren No Keiko Empi Waza Dai Ichi

Te Waza Uraken Uchi

Kumite Kihon Ippon Kumite #1 #2 #3

Uke Waza Uke Waza Dai Ichi with Partner Uke Waza Dai Ni

Kihon Geri Tobi Mae Geri

Kata Kihon Ippon Kihon Nihon Kihon Sanbon

Philosophy Courtesy

Belt

Stripe 1

Stripe 2

Dragon Blue Belt 2 Requirements
Minimum Hours 40

Stripe 1

Karate Kotoba Antei Budo Bujitsu Bushi Kobudo Kobujitsu Ma
Maai Kuzushi Mokuso Naisan Neisan Ryu

Kihon Dach **Ashi Waza Te Waza**

Kunren No Keiko Yotsu Kado No Renshu #1 #2 #3
Shuto Waza Dai Ichi

Kumite Kihon Ippon Kumite #1 - #3 with partner

Te to Ashi No Waza Mae Geri - Migikae zuki - Gyaku zuki
Mawashi Geri - Shuto Uchi - Gyaku zuki

Uke Waza Uke Waza Dai Ichi Uke Waza Dai Ni Uke Waza Dai San

Kihon Geri Tate, Stepping, Slide-up Mae, Mawashi, Yoko, Ushiro
Back Spin Back Kick, Tobi Mae Geri, Mae Kakato Geri

Kata Fukyu No Kata

Philosophy Integrity

Stripe 2

Kumite Kihon Ippon Kumite #1 - #6

Te to Ashi No Waza Yoko geri - Uraken - Gyaku zuki
Ushiro Geri - Tettsu Uchi - Gyaku Zuki

Kunren No Keiko Empi Waza Dai Ichi Empi Waza Dai Ni

Uke Waza Uke Waza Dai Ichi , Dai Ni, Dai San with Partner

Kihon Geri Nihon Geri Mae, Mawashi, Yoko
Tobi Mae Geri Tobi Mawashi Geri Tobi Yoko Geri

Kata Kihon Ippon Kihon Nihon Kihon Sanbon Fyukyu Kata

Philosophy Perseverance

Belt

Stripe 1 Stripe 2

Dragon Blue Belt 3 Requirements
Minimum Hours 40

Stripe 1

Karate Kotoba	All to Date
Kihon Dachi	Ashi Waza Te Waza Kihon Geri
Kunren No Keiko	Yotsu Kado No Renshu #1 - #6 Shuto Waza Dai Ichi Empi Waza & Bunkai
Te to Ashi No Waza	Mae Geri - Migikae zuki - Gyaku zuki Mawashi Geri - Shuto Uchi - Gyaku zuki Yoko geri - Uraken - Gyaku zuki Ushiro Geri - Tettsu Uchi - Gyaku Zuki
Uke Waza	Uke Dai Ichi Dai Ni Dai San Dai Shi
Kumite	Kihon Ippon Kumite #1 - #6 (W/ Partner) Kaeshi Ippon Kumite #1 - #3
Kihon Geri	Tate, Stepping, Slide-up Mae, Mawashi, Yoko, Ushiro Back Spin Back Kick, Hook Kick
Kata	Naihanchi Ichidan/Shodan
Philosophy	Indomitable Spirit

Stripe 2

Te Waza	Migikae, Slide Up, Gyakyu Zuki Double Punch, step, Double Punch Lunging Migikae Zuki Lunging Gyakyu Zuki
Kumite	Kaeshi Ippon Kumite #1 - #3 with partner
Kunren No Keiko	Kakucho Keiko
Uke Waza	Uke Waza Dai Ichi , Dai Ni, Dai San with Partner
Kihon Geri	All to date Geri Combinations F/R, R/F, F/S, S/F, R/S,S/R
Kata	Kihon Kata Fyukyu Kata Naihanchi Ichi/Shodan
Philosophy	Zanshin

Belt

Stripe 1	Stripe 2
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Dragon Green Belt 1 Requirements
Minimum Hours 45

Stripe 1

Karate Kotoba All to Date

Kihon Dachi Ashi Waza Te Waza Kihon Geri Kihon Uke

Te to Ashi No Waza Mae Geri - Migikae zuki - Gyaku zuki
Mawashi Geri - Shuto Uchi - Gyaku zuki
Yoko geri - Uraken - Gyaku zuki
Ushiro Geri - Tettsu Uchi - Gyaku Zuki

Uke Waza Uke Dai Ichi Dai Ni Dai San Dai Shi

Kumite Kihon Ippon Kumite #1 - #6 Kaeshi Ippon Kumite #1 - #6
Juippon Kumite #1

Kihon Geri Tate, Stepping, Slide-up Mae, Mawashi, Yoko, Ushiro
Back Spin Back Kick, Hook Kick

Kata Naihanchi Nidan

Bunkai Kihon Ippon, Nihon, Sanbon No Bunkai

Philosophy Fudoshin

Stripe 2

Te Waza Migikae, Slide Up, Gyakyu Zuki Double Punch, step, Double Punch
Lunging Migikae Zuki Lunging Gyakyu Zuki

Kunren No Keiko Yotsu Kado No Renshu #1 - #9 Kakucho Keiko
Shuto Waza Dai Ichi & Ni Empi Waza & Bunkai

Kumite Juippon Kumite #2

Uke Waza Uke Waza #1 - #4 with partner

Kihon Geri All to date Back leg Hook Kick Spinning Hook Kick

Kata Kihon Kata Fyukyu Kata Naihanchi Ichi/Shodan Naihachi Nidan

Bunkai Fukyu Dai Ichi no Bunkai

Philosophy All to date

Belt

Stripe 1

Stripe 2

Dragon Green Belt 2 Requirements
Minimum Hours 45

Stripe 1

Karate Kotoba Atama Ashi Haisoku Kakoto Kao Keiko Koshi Kyobu

Kihon Dachi Ashi Waza Te Waza Kihon Geri Kihon Uke

Te to Ashi No Waza Mae Geri - Migikae zuki - Gyaku zuki
Mawashi Geri - Shuto Uchi - Gyaku zuki
Yoko geri - Uraken - Gyaku zuki
Ushiro Geri - Tettsu Uchi - Gyaku Zuki

Kumite Kihon Ippon Kumite Kaeshi Ippon Kumite Juippon Kumite
Yakusoku Kumite Dai Ichi

Kihon Geri Back Spin Back Kick, Hook Kick, Back leg hook kick, Spinning Hook Kick

Kata Naihanchi Sandan

Bunkai Kihon Ippon, Nihon, Sanbon No Bunkai Fukyu Dai Ichi No Bunkai

Philosophy

Stripe 2

Karate Kotoba Renshi Senaka Sokuto Taiso Ude Yakusoku

Kunren No Keiko Yotsu Kado No Renshu #1 - #12 Kakucho Keiko
Shuto Waza Dai Ichi & Ni Empi Waza & Bunkai

Kata Kihon Kata Fyukyu Kata Naihanchi Ichi/Shodan
Naihachi Nidan Naihanchi Sandan

Kihon Geri Jump Back Spin Back Kick Jump Back Spin Hook Kick,

Bunkai Fukyu Dai Ni No Bunkai

Philosophy All to date

Belt

Stripe 1

Stripe 2

Dragon Purple Belt 1 Requirements
Minimum Hours 50

Stripe 1

Karate Kotoba All to date

Kihon Dachi **Ashi Waza** **Te Waza** **Kihon Geri** **Kihon Uke**

Te to Ashi No Waza Mae Geri - Migikae zuki - Gyaku zuki
Mawashi Geri - Shuto Uchi - Gyaku zuki
Yoko geri - Uraken - Gyaku zuki
Ushiro Geri - Tettsu Uchi - Gyaku Zuki

Kumite Kihon Ippon Kaeshi Ippon Juippon Kumite
Yakusoku Kumite Dai Ichi - Dai Ni

Kihon Geri Inside Crescent Kick Outside Crescent Kick

Kata Pinan Shodan

Bunkai All Kihon Bunkai Fukyu Dai Ichi, Dai Ni No Bunkai

Philosophy

Stripe 2

Kunren No Keiko Yotsu Kado No Renshu #1 - #14 Kakucho Keiko
Shuto Waza Dai Ichi, Ni, & San Empi Waza & Bunkai

Kihon Geri Spinning Crescent Kick

Kata Kihon Kata Fyukyu Kata Naihanchi Kata Pinan Shodan

Bunkai Fukyu Dai San No Bunkai Fukyu No Kata No Bunkai

Philosophy All to date

Belt

Stripe 1 Stripe 2

Dragon Purple Belt 2 Requirements
Minimum Hours 50

Stripe 1

Karate Kotoba All to date

Kihon Dachi Ashi Waza Te Waza Kihon Geri Kihon Uke

Te to Ashi No Waza

Kumite Kihon Ippon Kaeshi Ippon Juippon Kumite
Yakusoku Kumite Dai Ichi - Dai San

Nihon Kumite Mae Geri & Oi-Zuki Mae Geri & Gyaku Zuki
Mawashi Geri & Oi-Zuki

Kihon Geri Axe Kick

Kata Pinan Nidan

Bunkai All Kihon Bunkai All Fukyu Bunkai

Philosophy

Stripe 2

Te Waza Combinations Migikae, Slide-up, Gyaku Zuki Double Punch, step, Double Punch
Lunging Gyaku Zuki

Kunren No Keiko Yotsu Kado No Renshu #1 - #16 Kakucho Keiko
Shuto Waza Dai Ichi, Ni, & San Empi Waza & Bunkai

Nihon Kumite Mae Geri & Oi-Zuki Mae Geri & Gyaku Zuki
Mawashi Geri & Oi-Zuki Oi-Zuki & Oi-Zuki
Oi-Zuki & Gyaku Zuki Oi-Zuki & Mae Geri

Kihon Geri Spinning Axe Kick

Kata Kihon Kata Fyukyu Kata Naihanchi Kata
Pinan Shodan Pinan Nidan Pinan Sandan

Philosophy All to date

Belt

Stripe 1 Stripe 2

Dragon Brown 1 Belt Requirements
Minimum Hours 55

Stripe 1

Bag Work All hands for proper technique, positioning, and recovery

Kihon Dachi Ashi Waza Te Waza Kihon Geri Kihon Uke

Ashi Waza 3 Slide-up (Reg., skipping, jumping)
Slide-up, lunge Slide-up, step through
Step through, lunge Step through, slide-up
Lunge, slide-up Lunge step through

Kumite Yakusoku Kumite Dai Ichi - Dai Go

Nihon Kumite

Kata Pinan Yondan

Bunkai All Kihon Bunkai All Fukyu Bunkai

Philosophy

Stripe 2

Kunren No Keiko Yotsu Kado No Renshu #1 - #18 Kakucho Keiko
Shuto Waza #1 #2 #3 #4 Empi Waza & Bunkai

Kihon Geri All Spinning and Jumping Kicks

Kata Kihon Kata Fyukyu Kata Naihanchi Kata
Pinan Shodan Pinan Nidan Pinan Sandan Pinan Yondan Pinan Godan

Kumite 1 Made up one step

Philosophy All to date

Belt

Stripe 1

Stripe 2

Dragon Brown 2 Belt Requirements
Minimum Hours 55

Stripe 1

Bag Work All kicks for proper technique, positioning, and recovery

Kihon Dach **Ashi Waza** **Te Waza** **Kihon Geri** **Kihon Uke**

Ashi Waza 3 Slide-up (Reg., skipping, jumping)
Slide-up, lunge Slide-up, step through
Step through, lunge Step through, slide-up
Lunge, slide-up Lunge step through

Kumite Yakusoku Kumite Dai Ichi - Dai Rokyu

Nihon Kumite

Kata Passai Sho

Bunkai All Kihon Bunkai All Fukyu Bunkai

Philosophy

Stripe 2

Kunren No Keiko Yotsu Kado No Renshu #1 - #20 Kakucho Keiko
Shuto Waza #1 #2 #3 #4 Empi Waza & Bunkai

Kata Kihon Kata Fyukyu Kata Naihanchi Kata Pinan Kata
Passai Sho

Bunkai Naihanchi Inchidan No Bunkai

Kumite 2 Made up one steps

Philosophy All to date

Belt

Stripe 1 Stripe 2

Dragon Brown 3 Belt Requirements
Minimum Hours 60

Stripe 1

Bag Work

For proper technique, positioning, and recovery

Kihon Dachi

Ashi Waza Te Waza Kihon Geri Kihon Uke

Ashi Waza

3 Slide-up (Reg., skipping, jumping)
Slide-up, lunge Slide-up, step through
Step through, lunge Step through, slide-up
Lunge, slide-up Lunge step through

Kumite

Yakusoku Kumite Dai Ichi - Dai Rokyu

Kata

Passai Dai

Bunkai

All Kihon Bunkai All Fukyu Bunkai Naihanchi Nidan No Bunkai

Philosophy

Stripe 2

Kunren No Keiko

Yotsu Kado No Renshu #1 - #20 Kakucho Keiko
Shuto Waza #1 #2 #3 #4 Empi Waza & Bunkai

Kata

Kihon Kata Fyukyu Kata Naihanchi Kata Pinan Kata
Passai Sho Passai Dai

Bunkai

Naihanchi Sandan No Bunkai

Kumite

4 Made up one steps (2 per side)
Yakusoku Kumite Dai San Kogeki

Philosophy

All to date

Belt

Stripe 1

Stripe 2

Dragon Black 1 Belt Requirements
Minimum Hours 90

Stripe 1

Bag Work	For proper technique, positioning, and recovery			
Kihon Dachi	Ashi Waza	Te Waza	Kihon Geri	Kihon Uke
Kumite	Yakusoku Kumite Dai Ichi - Dai Nana			
Kata	Kusanku Sho			
Bunkai	All Kihon Bunkai	All Fukyu Bunkai	All Naihanchi Bunkai	

Philosophy

Stripe 2

Kunren No Keiko	Yotsu Kado No Renshu Shuto Waza #1 #2 #3 #4	Kakucho Keiko Empi Waza & Bunkai		
Kata	Kihon Kata Passai Sho	Fyukyu Kata Passai Dai	Naihanchi Kata Kusanku Sho	Pinan Kata
Bunkai	Pinan Shodan No Bunkai			
Kumite	8 Made up one steps (4 per side) 1-on-1			

Attacking Techniques - Hand

Jab, slide-up R/Punch, Stepping O/B R/Punch.
B/Knuckle, Slide-up R/Punch, Stepping B/Knuckle R/Punch.
Lunging R/Punch, B/Knuckle.
Lunging Jap, R/Punch.
One Step Triple Punch (Jap, Stepping Punch, R/Punch).
R/Punch, Stepping B/Knuckle, R/Punch.
R/Punch, Slide-up Jab, R/Punch.
Stepping C/Punch, R/Punch, Slide-up Jab, R/Punch.
Slide-up Jab, spinning Bottom Fist, R/Punch.

Philosophy	All to date
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Belt

Stripe 1	Stripe 2
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Dragon Black 2 Belt Requirements
Minimum Hours 90

Stripe 1

Bag Work	For proper technique, positioning, and recovery			
Kihon Dach	Ashi Waza	Te Waza	Kihon Geri	Kihon Uke
Kumite	Yakusoku Kumite Dai Go - Dai Nana			
Kata	Chinto			
Bunkai	All Kihon Bunkai	All Fukyu Bunkai	All Naihanchi Bunkai	

Philosophy

Stripe 2

Kunren No Keiko	Yotsu Kado No Renshu Shuto Waza #1 #2 #3 #4	Kakucho Keiko Empi Waza & Bunkai		
Kata	Kihon Kata Passai Sho	Fyukyu Kata Passai Dai	Naihanchi Kata Kusanku Sho	Pinan Kata Chinto
Bunkai	Pinan Nidan No Bunkai	Pinan Sandan No Bunkai		
Kumite	12 Made up one steps (6 per side) 1-on-1			

Attacking Techniques - Hand

Attaching Techniques - Feet

- Jab, Slide-up R/Punch, F/Kick, Jab, R/Punch.
- Jab, Slide-up R/Kick, R/Punch.
- Slide-up Jab, Grab, R/Kick, R/Punch, Stepping F/Kick, Jab, R/Punch.
- Jab, Spinning R/Kick, B/Knuckle, R/Punch.
- Slide-up Jab, F/Kick, Back Spin-Kick, Bottom Fist, R/Punch.
- Jab, Slide-up R/Punch, Stepping F/Kick, R/Punch.
- B/Knuckle, Slide-up S/Kick, R/Punch.
- Slide-up Jab, Spinning Bottom Fist, Spinning R/Kick, R/Punch.
- Fake Skipping F/Kick, Jab, R/Punch, Stepping F/Kick, R/Punch.

Philosophy	All to date
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Belt

Stripe 1	Stripe 2
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Dragon Black 3 Belt Requirements
Minimum Hours 90

Stripe 1

Bag Work	For proper technique, positioning, and recovery			
Kihon Dachi	Ashi Waza	Te Waza	Kihon Geri	Kihon Uke
Kumite	Yakusoku Kumite Dai - Dai Nana			
Kata	Kusanku Dai			
Bunkai	All Kihon Bunkai	All Fukyu Bunkai	All Naihanchi Bunkai	

Attacking Techniques

All Hands All Feet

Philosophy

Stripe 2

Kunren No Keiko	Yotsu Kado No Renshu Shuto Waza #1 #2 #3 #4	Kakucho Keiko Empi Waza & Bunkai
Kata	Kihon Kata Fyukyu Kata Passai Sho Passai Dai	Naihanchi Kata Pinan Kata Kusanku Sho Chinto Kusanku Dai
Bunkai	Pinan Yondan No Bunkai	Pinan Godan No Bunkai
Kumite	Tanren Kumite - Nihon Kaeshi Ippon Kumite 1-on-1	Kihon Ippon Kumite Jyu Ippon Kumite

Attacking Techniques in Jyu Kumite

All hands
All Kicks
Sweeping
Jumping /Jumping Spinning Kicks
Combinations with a partner
Jamming and Side stepping

Philosophy All to date

Belt

Stripe 1 Stripe 2

Dragon Black 4 Belt Requirements
Minimum Hours 90

Stripe 1

Bag Work	For proper technique, positioning, and recovery			
Kihon Dachi	Ashi Waza	Te Waza	Kihon Geri	Kihon Uke
Kumite	Yakusoku Kumite Dai Ichi - Dai Nana			
Kata	Gojushiho			
Bunkai	All Kihon, Fukyu, Naihanchi, & Pinan Bunkai			

Philosophy

Stripe 2

Kunren No Keiko	Yotsu Kado No Renshu Shuto Waza #1 #2 #3 #4	Kakucho Keiko Empi Waza & Bunkai
Kata	Kihon Kata Passai Sho Gojushiho	Fyukyu Kata Passai Dai Naihanchi Kata Kusanku Sho Chinto Pinan Kata Kusanku Dai
Bunkai	Passai Sho No Bunkai	
Kumite	Tanren Kumite - Nihon & Sanbon Kaeshi Ippon Kumite 1-on-1 2-on-1	Kihon Ippon Kumite Jyu Ippon Kumite

Attacking Techniques in Jyu Kumite

- All hands
- All Kicks
- Sweeping
- Jumping /Jumping Spinning Kicks
- Combinations with a partner
- Jamming and Side stepping

Philosophy	All to date
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Belt

Stripe 1	Stripe 2
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Dragon Shodan-Ho Belt Requirements
Minimum Hours 90

Stripe 1

Bag Work	For proper technique, positioning, and recovery				
Kihon Waza	Dachi Waza	Ashi Waza	Te Waza	Kihon Geri	Kihon Uke
Kumite	Yakusoku Kumite Dai Ichi - Dai Nana				
Kata	Gorin				
Bunkai	All Kihon, Fukyu, Naihanchi, Pinan, & Passai Sho				

Philosophy

Stripe 2

Kunren No Keiko	Yotsu Kado No Renshu Shuto Waza #1 #2 #3 #4	Kakucho Keiko Empi Waza & Bunkai		
Kata	Kihon Kata Passai Sho Gojushiho	Fyukyu Kata Passai Dai Gorin	Naihanchi Kata Kusanku Sho Chinto	Pinan Kata Kusanku Dai
Bunkai	Passai Dai No Bunkai			
Kumite	Tanren Kumite - Nihon & Yonbon 1-on-1 2-on-1 3-on-1			

Attacking Techniques in Jyu Kumite

All hands
All Kicks
Sweeping
Jumping /Jumping Spinning Kicks
Combinations with a partner
Jamming and Side stepping

Philosophy All to date

Belt

Written Self-Defense Techniques 12
Stripe 1 Stripe 2

Dragon Shodan Belt Requirements
Minimum Hours 90 / Minimum Age 12 years old

Physical Requirements 5 mile run, 500 Push-ups, 500 Sit-ups, 500 geri (Mae, Mawashi, Yoko, Ushiro), 500 Blocks (Age, Ude, Chudan, Gedan Barai, Shuto)

Be of Good Moral Character Understand and adhere to the traditions of Karate-Do teachings.
Possess and display the moralities of Karate-Do.

Karate Kotoba

Written test of all previous language requirements, understand and be able to explain:

Fudoshin Kime No Kokoro Mushin

Stripe 1

Kihon Dachi **Te Waza** **Uke Waza** **Ashi Waza** **Geri Waza**

Te to Ashi no Waza **Te Waza Combinations** **Uke Waza #1 - #4** **Ukemi Waza**

Kumite Kihon Ippon Kaeshi Ippon Jyu Ippon Yakusoku Kumite Dai #1 - #7
Tanren Kumite (Sanbon - Gohon)

Kata

Kihon Ippon, Kihon Nihon, Kihon Sanbon
Fukyu No Kata
Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan
Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan
Passai Sho, Passai Dai, Kusanku Sho, Chinto, Kusanku Dai
Gojushiho, Gorin

Stripe 2

Kunren No Keiko Empi Waza #1-#3 Plus Bunkai Shuto Waza #1-#4 Plus Bunkai
Yotsu Kado No Renshu #1 - #20

Te Waza Combinations **Te to Ashi no Waza** **Bag Work** **Board Breaking**
Attaching Techniques in Jyu Kumite

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri Flying Side Kick Jump Back Spin Ushiro Geri

Kumite Jyu Kumite 1-on-1, 2-on-1, 3-on-1 & 4-on-1

Bunkai All Kihon, Fukyu, Naihanchi, Pinan Bunkai
Passai Sho & Passai Dai No Bunkai, Kusanku Sho No Bunkai, Chinto No Bunkai

Karate No Kokoro

Karate Ni Sente Nashi - There is no first attack in Karate-Do
Mizu No Kokoro - Mind like water, Calm and flowing

Shodan Thesis 10 Pages

Belt

Stripe 1 Stripe 2

Adult and Teen Program

10th Kyu- Gold Belt Requirements

Minimum Hours 20

Stripe 1

Karate Kotoba	Rei Kiai	Kiotsuke Domo	Kamae Arigato	Gi	Sensei Obi	Kyoshi Karate Kime	count 1-10 Modotte
Kihon Dachi	#1 Heiko #6 Shiko #10 Neiko Ashi	#2 Musubi #7 Kiba #11 Shizentai	#3 Heisoku #8 Zenkutsu	#4 Hachiji #9 Kokutsu	#5 Naihanchi		
Ashi Waza	Stepping & Slide-up in Shizentai Dachi Oi-ushiro Neiko Ashi Dachi			Kokutsu - Zenkutsu transition			
Te Waza	Seiken Zuki Migikae Zuki	Jodan Zuki Gyaku Zuki (Shizentai)	Chudan Zuki	Gendan Zuki (Shiko)			
Uke Waza	Soto Uke Waza Dai Ichi	Age Ude	Chudan	Gedan Barai	Shuto		
Kihon Geri	Tate Mae Geri, Mawashi Geri, Yoko Geri, Ushiro Geri						
Ukemi Waza	Back Fall, Forward Fall, Shoulder Roll						
Kata	Kihon Ippon						

Stripe 2

Karate Kotoba	Dachi Massugu	Zuki Itchoku sen	Uke	Geri Shimai made	Seiken Kimoshi	Kansetsu	
Te Waza	Jodan Oi-Zuki Migikae Zuki /	Chudan Oi-Zuki Gyaku Zuki	Combination (Shizentai)		Gendan Oi-Zuki (Zenkutsu)		
Uke Waza	Age (Kokutsu Dachi with	Ude Gyaku Zuki on 2 nd	Chudan	Gedan Barai	Shuto		
Kunren No Keiko	Empi Waza Dai Ichi						
Kihon Geri	Slide up Mae Geri, Mawashi Geri, Yoko Geri, Ushiro Geri Stepping Mae Geri, Mawashi Geri, Yoko Geri						
Ukemi Waza	Deshibarai	Osotogari					
Kata	Kihon Nihon Kihon Sanbon						

Bowing out Procedure

Self Defense Techniques 4

Belt

Stripe 1

Stripe 2

9th Kyu - Orange Belt Requirements
Minimum Hours 30

Stripe 1

Karate Kotoba	Dojo Shorin-Ryu Dan Kyu Mawatte Yasunde
Kihon Dachi	#1-#11
Ashi Waza	Stepping, Slide-up, and lunging in Shizentai & Zenkutsu
Hip Action	Full and Snapping
Te Waza	Seiken Zuki Jodan Zuki Chudan Zuki Gendan Zuki (Shiko) Migikae Zuki Gyaku Zuki (Kokutsu dachi with full and snapping hip) Oi-Migikae Zuki Oi-Gyaku Zuki Oi-Yoko Zuki
Uke Waza	Age, Ude, Chudan, Gedan Barai, Shuto (Kokutsu Dachi w/ Gyaku Zuki)
Kihon Geri	Tate, Stepping, Slide up Mae, Mawashi, Yoko, Ushiro Geri Tobi Mae, Mawashi, Yoko Geri
Ukemi Waza	Back Fall, Forward Fall, Shoulder Roll
Kumite	Ippon Kumite #1-#3
Kata	Kihon Ippon, Kihon Nihon, Kihon Sanbon Fukyu No Kata

Stripe 2

Karate Kotoba	O-hayo Gozaimasu, Konichi wa, Konban wa, Oyasami nasai, Sayonara Gomen nasai, Domo Arigato Gozaimasu, Doitashimashite Dozo, Dozo Kudasai
Te Waza	Spinning Tettsui Teisho (2) Nukite (2)
Uke Waza	Uke Waza Dai Ichi (moving in Zenkutsu Dachi) Uke Waza Dai Ni
Kunren No Keiko	Empi Waza Dai Ichi Yotsu Kado No Renshu #1 - #3 Shuto waza Dai Ichi
Ukemi Waza	Deshibarai Osotogari
Kumite	Ippon Kumite #1-#6
Kata	Fukyu No Kata
Bunkai	Kihon Ippon No Bunkai, Kihon Nihon No Bunkai, Kihon Sanbon No Bunkai

Self Defense Techniques 6

Belt

Stripe 1	Stripe 2
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8th Kyu - Blue Belt 1 Stripe Requirements
Minimum Hours 50

Stripe 1

Karate Kotoba Antei, Budo, Bujitsu, Bushi, Kobudo, Kobujitsu, Kuzushi, Ma, Maai, Mokuso
 Naisan, Neisan, Ryu

Kihon Dachi **Te Waza** **Uke Waza** **Ashi Waza**

Te to Ashi no Waza Mae Geri - Migikae Zuki - Gyakyu Zuki
 Mawashi Geri - Shuto Uchi - Gyakyu Zuki

Hip Action Full and Snapping

Uke Waza Uke Waza Dai Ichi, Uke Waza Dai Ni, Uke Waza Dai San

Kihon Geri Tobi Mae Geri, Tobi Mawashi Geri, Tobi Yoko Geri

Kumite Ippon Kumite #1-#6, Kaeshi Ippon Kumite #1-#3

Kata Kihon Ippon, Kihon Nihon, Kihon Sanbon
 Fukyu No Kata
 Naihanchi Ichidan

Stripe 2

Te to Ashi no Waza Yoko Geri - Uraken Uchi - Gyakyu Zuki
 Ushiro Geri - Tettsui Uchi - Gyakyu Zuki

Geri Waza Back spin Ushiro Geri

Kunren No Keiko Empi Waza Dai Ichi Empi Waza Dai Ni Empi Waza No Bunkai
 Shuto Waza Dai Ichi Yotsu Kado No Renshu #1 - #6

Ukemi Waza Deshibarai Osotogari

Kumite Kaeshi Ippon Kumite #1-#6

Kata Naihanchi Nidan

Bunkai Kihon Ippon No Bunkai, Kihon Nihon No Bunkai, Kihon Sanbon No Bunkai
 Fukyu Dai Ichi No Bunkai, Dai Ni No Bunkai, Dai San No Bunkai

Self Defense Techniques 8

Belt

Stripe 1 Stripe 2

**7th Kyu - Blue Belt 2 Stripes Requirements
Minimum Hours 50**

Stripe 1

Karate Kotoba All to date

Kihon Dachi **Te Waza** **Uke Waza** **Ashi Waza**

Te to Ashi no Waza

Te Waza Combinations

Migikae Zuki - Slide-up - Gyakyu Zuki Lunging Gyaku Zuki
Nihon Zuki - Step - Nihon Zuki (Double Punch)

Uke Waza Uke Waza #1 - #4

Kihon Geri Back Spin Ushiro Geri, Mae Kakato Geri, Hook Kick, Back Leg Hook Kick

Kumite Ippon Kumite Kaeshi Ippon Kumite Jyu Ippon Kumite

Nihon Kumite Mae Geri - Oi zuki Mae Geri - Gyaku Zuki Mawashi Geri - Oi Zuki
Oi Zuki - Oi Zuki Oi Zuki - Gyaku Zuki Oi Zuki - Mae Geri

Kata Kihon Ippon, Kihon Nihon, Kihon Sanbon
Fukyu No Kata
Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan

Stripe 2

Kunren No Keiko Empi Waza Dai Ichi Empi Waza Dai Ni Empi Waza No Bunkai
Shuto Waza Dai Ichi Yotsu Kado No Renshu #1 - #9

Ukemi Waza Deshibarai Osotogari

Geri Combinations Mae Geri - Mawashi Geri, Mae Geri - Yoko Geri, Mae Geri - Ushiro Geri
Mawashi Geri - Yoko Geri, Mawashi Geri - Ushiro Geri,
Yoko Geri - Ushiro Geri

Kumite Yakusoku Kumite #1

Kata Pinan Shodan

Bunkai All Kihon No Bunkai All Fukyu No Bunkai

Self Defense Techniques 10

Belt

Stripe 1 Stripe 2

6th Kyu - Green Belt 1 Stripe Requirements
Minimum Hours 50

Stripe 1

Karate Kotoba Atama, Ashi, Haisoku, Kakato, Kao, Keiko, Koshi, Kyobu, Renshu, Senaka
 Sokuto, Taiso, Ude, Yakusoku

Kihon Dachi **Te Waza** **Uke Waza** **Ashi Waza**

Te to Ashi no Waza **Te Waza Combinations** **Uke Waza #1 - #4**

Ashi Waza Slide-up (Red, Skipping, Jumping), Slide-up - Lunge, Slide-up - Step
 Step - Lunge, Step - Slide-up, Lunge - Slide-up, Lunge - Step

Kihon Geri Skipping & Lunging No hip round kick Thrusting Hip Mae Geri

Kumite Kihon Ippon Kaeshi Ippon Jyu Ippon Yakusoku Kumite #1-3

Kata Kihon Ippon, Kihon Nihon, Kihon Sanbon
 Fukyu No Kata
 Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan
 Pinan Shodan, Pinan Nidan

Stripe 2

Kunren No Keiko Empi Waza #1-#3 Empi Waza No Bunkai
 Shuto Waza Dai Ichi Shuto Waza Dai Ni Yotsu Kado No Renshu #1 - #12

Bag Work All geri for proper technique (head-body positioning & proper recovery)

Offensive Driving Zuki and Geri with hip and shoulder action using Ashi Waza from above

Ukemi Waza Deshibarai Osotogari

Geri Hook Kick, Back Leg Hook Kick, Crescent Kick, Back Leg Crescent Kick

Geri Combinations

Kumite Made Up Ippon Kumite (5)

Kata Pinan Sandan

Bunkai All Kihon No Bunkai All Fukyu No Bunkai Naihanchi Ichidan No Bunkai

Self Defense Techniques 10

Belt

Stripe 1 Stripe 2

5th Kyu - Green Belt 2 Stripes Requirements
Minimum Hours 50

Stripe 1

Karate Kotoba	Kihon Dachii	Te Waza	Uke Waza	Ashi Waza
Te to Ashi no Waza	Te Waza Combinations	Uke Waza #1 - #4	Ukemi Waza	
Kihon Geri	All Tobi Geri, Crescent Kick (inside / Outside), Axe Kick			
Kumite	Kihon Ippon	Kaeshi Ippon	Jyu Ippon	Yakusoku Kumite #1-#5
Kata	Kihon Ippon, Kihon Nihon, Kihon Sanbon Fukyu No Kata Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan			

Attacking Techniques - Hand

Jab, slide-up R/Punch, Stepping O/B R/Punch.
 B/Knuckle, Slide-up R/Punch, Stepping B/Knuckle R/Punch.
 Lunging R/Punch, B/Knuckle. Lunging Jap, R/Punch.
 One Step Triple Punch (Jap, Stepping Punch, R/Punch).
 R/Punch, Stepping B/Knuckle, R/Punch. R/Punch, Slide-up Jab, R/Punch.
 Stepping C/Punch, R/Punch, Slide-up Jab, R/Punch.
 Slide-up Jab, spinning Bottom Fist, R/Punch.

Stripe 2

Kunren No Keiko	Empi Waza #1 - #3	Empi Waza No Bunkai
	Shuto Waza #1 - #3	Yotsu Kado No Renshu #1 - #15

Attaching Techniques - Feet

Jab, Slide-up R/Punch, F/Kick, Jab, R/Punch. Jab, Slide-up R/Kick, R/Punch.
 Slide-up Jab, Grab, R/Kick, R/Punch, Stepping F/Kick, Jab, R/Punch.
 Jab, Spinning R/Kick, B/Knuckle, R/Punch.
 Slide-up Jab, F/Kick, Back Spin-Kick, Bottom Fist, R/Punch.
 Jab, Slide-up R/Punch, Stepping F/Kick, R/Punch. B/Knuckle, Slide-up S/Kick, R/Punch.
 Slide-up Jab, Spinning Bottom Fist, Spinning R/Kick, R/Punch.
 Fake Skipping F/Kick, Jab, R/Punch, Stepping F/Kick, R/Punch.

Bag Work All geri for proper technique (head-body positioning & proper recovery)

Kumite Made Up Ippon Kumite (5)

Bunkai All Kihon No Bunkai All Fukyu No Bunkai All Naihanchi No Bunkai

Self Defense Techniques 10

Belt

Stripe 1 Stripe 2

4th Kyu - Purple Belt 1 Stripe Requirements
Minimum Hours 50

Stripe 1

Karate Kotoba	Kihon Dachii	Te Waza	Uke Waza	Ashi Waza
Te to Ashi no Waza	Te Waza Combinations	Uke Waza #1 - #4	Ukemi Waza	
Kihon Geri	All Tobi Geri, Crescent Kick (inside / Outside), Spinning Hook Kick			
Kumite	Kihon Ippon	Kaeshi Ippon	Jyu Ippon	Yakusoku Kumite Dai #1 - #6
Kata	Kihon Ippon, Kihon Nihon, Kihon Sanbon Fukyu No Kata Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan Passai Sho			

Attacking Techniques - Hand

Attaching Techniques - Feet

Stripe 2

Kunren No Keiko	Empi Waza #1 - #3	Empi Waza No Bunkai
	Shuto Waza #1 - #3	Yotsu Kado No Renshu #1 - #19

Attaching Techniques in Jyu Kumite

All Hands	All Feet	Sweeping	Jump Spinning Ushiro Geri
Combinations with a partner	Jamming	Side Stepping	

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri	Flying Side Kick	Jump Back Spin Ushiro Geri
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Bag Work	All Te Waza and Geri Waza
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Kumite	Made Up Ippon Kumite (5)	Jyu Kumite (Free fighting)
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Bunkai	All Kihon No Bunkai	All Fukyu No Bunkai	All Naihanchi No Bunkai
	Pinan Shodan No Bunkai,	Pinan Nidan No Bunkai	

Self Defense Techniques 10

Karate No Kokoro

Karate Ni Sente Nashi - There is no first attack in Karate-Do
Mizu No Kokoro - Mind like water, Calm and flowing

Belt

Stripe 1	Stripe 2
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3rd Kyu - Purple Belt 2 Stripes Requirements
Minimum Hours 50

Stripe 1

Karate Kotoba	Kihon Dachii	Te Waza	Uke Waza	Ashi Waza
Te to Ashi no Waza	Te Waza Combinations	Uke Waza #1 - #4	Ukemi Waza	
Kihon Geri	Axe Kick, Spinning Hook Kick, Spinning Crescent Kick			
Kumite	Kihon Ippon	Kaeshi Ippon	Jyu Ippon	Yakusoku Kumite #1 - #6
Kata	Kihon Ippon, Kihon Nihon, Kihon Sanbon Fukyu No Kata Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan Passai Sho, Passai Dai			

Attacking Techniques - Hand Attaching Techniques - Feet

Stripe 2

Kunren No Keiko	Empi Waza #1 - #3	Empi Waza No Bunkai
	Shuto Waza #1 - #4	Yotsu Kado No Renshu #1 - #20

Attaching Techniques in Jyu Kumite

All Hands	All Feet	Sweeping	Jump Spinning Ushiro Geri
Combinations with a partner	Jamming	Side Stepping	Counter Moves

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri	Flying Side Kick	Jump Back Spin Ushiro Geri
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Bag Work All Te Waza and Geri Waza

Kumite Made Up Ippon Kumite (5) Jyu Kumite (Free fighting)

Bunkai All Kihon No Bunkai All Fukyu No Bunkai All Naihanchi No Bunkai
 Pinan Shodan No Bunkai, Pinan Nidan No Bunkai, Pinan Sandan No Bunkai

Self Defense Techniques 10

Karate No Kokoro

Karate Ni Sente Nashi - There is no first attack in Karate-Do
 Mizu No Kokoro - Mind like water, Calm and flowing

Belt

Stripe 1	Stripe 2
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3rd Kyu - Brown Belt Requirements
Minimum Hours 60

Stripe 1

Karate Kotoba (Written test) Kihon Dachii Te Waza Uke Waza Ashi Waza

Te to Ashi no Waza Te Waza Combinations Uke Waza #1 - #4 Ukemi Waza

Kihon Geri Jump Back Spin Ushiro Geri, Hook Kick, Crescent Kick

Kumite Kihon Ippon Kaeshi Ippon Jyu Ippon Yakusoku Kumite #1 - #6
Nihon Kumite

Kata Kihon Ippon, Kihon Nihon, Kihon Sanbon
Fukyu No Kata
Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan
Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan
Passai Sho, Passai Dai, Kusanku Sho

Attacking Techniques - Hand Attaching Techniques - Feet

Stripe 2

Kunren No Keiko Empi Waza #1 - #3 Empi Waza No Bunkai
Shuto Waza #1 - #4 Yotsu Kado No Renshu #1 - #20

Te Waza Combinations Te to Ashi no Waza

Attaching Techniques in Jyu Kumite

All Hands All Feet Sweeping Jump Spinning Ushiro Geri
Combinations with a partner Jamming Side Stepping Counter Moves

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri Flying Side Kick Jump Back Spin Ushiro Geri

Bag Work All Te Waza and Geri Waza

Kumite Jyu Kumite 1-on-1 and 2-on-1

Bunkai All Kihon, Fukyu, Naihanchi Bunkai
Pinan Shodan No Bunkai, Pinan Nidan No Bunkai, Pinan Sandan No Bunkai
Pinan Yondan No Bunkai, Pinan Godan No Bunkai

Self Defense Techniques 10

Karate No Kokoro

Karate Ni Sente Nashi - There is no first attack in Karate-Do
Mizu No Kokoro - Mind like water, Calm and flowing

Belt

Stripe 1 Stripe 2

2nd Kyu - Brown Belt 1 Stripe Requirements
Minimum Hours 60

Stripe 1

Karate Kotoba (Written test) Kihon Dachii Te Waza Uke Waza Ashi Waza

Te to Ashi no Waza Te Waza Combinations Uke Waza #1 - #4 Ukemi Waza

Kihon Geri All Jump Back Spin Kicks, Drop Back Spin Leg Sweep

Kumite Kihon Ippon Kaeshi Ippon Jyu Ippon Yakusoku Kumite #1 - #7
Nihon Kumite Sanbon Kumite

Kata Kihon Ippon, Kihon Nihon, Kihon Sanbon
Fukyu No Kata
Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan
Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan
Passai Sho, Passai Dai, Kusanku Sho, Chinto

Attacking Techniques - Hand Attaching Techniques - Feet

Stripe 2

Kunren No Keiko Empi Waza #1 -#3 Empi Waza No Bunkai
Shuto Waza #1 - #4 Yotsu Kado No Renshu #1 - #20

Te Waza Combinations Te to Ashi no Waza

Attaching Techniques in Jyu Kumite

All Hands All Feet Sweeping Jump Spinning Ushiro Geri
Combinations with a partner Jamming Side Stepping Counter Moves

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri Flying Side Kick Jump Back Spin Ushiro Geri

Bag Work All Te Waza and Geri Waza

Kumite Jyu Kumite 1-on-1, 2-on-1 & 3-on-1 Tanren Kumite

Bunkai All Kihon, Fukyu, Naihanchi, Pinan Bunkai
Passai Sho No Bunkai

Self Defense Techniques 12

Karate No Kokoro

Karate Ni Sente Nashi - There is no first attack in Karate-Do
Mizu No Kokoro - Mind like water, Calm and flowing

Belt

Stripe 1 Stripe 2

1st Kyu - Brown Belt 2 Stripes Requirements
Minimum Hours 60

Stripe 1

Karate Kotoba	Kihon Dachii	Te Waza	Uke Waza	Ashi Waza
Te to Ashi no Waza	Te Waza Combinations	Uke Waza #1 - #4	Ukemi Waza	
Kihon Geri	All Jump Back Spin Kicks, Drop Back Spin Leg Sweep			
Kumite	Kihon Ippon	Kaeshi Ippon	Jyu Ippon	Yakusoku Kumite #1 - #7 Tanren Kumite (Sanbon - Gohon)
Kata	Kihon Ippon, Kihon Nihon, Kihon Sanbon Fukyu No Kata Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan Passai Sho, Passai Dai, Kusanku Sho, Chinto, Kusanku Dai			

Attacking Techniques - Hand

Attaching Techniques - Feet

Stripe 2

Kunren No Keiko	Empi Waza #1 - #3	Empi Waza No Bunkai
	Shuto Waza #1 - #4	Yotsu Kado No Renshu #1 - #20

Te Waza Combinations

Te to Ashi no Waza

Attaching Techniques in Jyu Kumite

All Hands	All Feet	Sweeping	Jump Spinning Ushiro Geri
Combinations with a partner	Jamming	Side Stepping	Counter Moves

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri	Flying Side Kick	Jump Back Spin Ushiro Geri
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Bag Work Board Breaking

Kumite	Jyu Kumite 1-on-1, 2-on-1 & 3-on-1	Tanren Kumite
Bunkai	All Kihon, Fukyu, Naihanchi, Pinan Bunkai Passai Sho No Bunkai, Passai Dai No Bunkai	

Self Defense Techniques 16

Karate No Kokoro

Karate Ni Sente Nashi - There is no first attack in Karate-Do
Mizu No Kokoro - Mind like water, Calm and flowing

Belt

Stripe 1	Stripe 2
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1st Kyu Shodan-Ho Requirements
Minimum Hours 60

Stripe 1

Karate Kotoba	Kihon Dachii	Te Waza	Uke Waza	Ashi Waza
Te to Ashi no Waza	Te Waza Combinations	Uke Waza #1 - #4	Ukemi Waza	
Kihon Geri	All Tobi, Jump Spinning, Jump Back Spin, Drop Back Spin Leg Sweep			
Kumite	Kihon Ippon	Kaeshi Ippon	Jyu Ippon	Yakusoku Kumite #1 - #7 Tanren Kumite (Sanbon - Gohon)
Kata	Kihon Ippon, Kihon Nihon, Kihon Sanbon Fukyu No Kata Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan Passai Sho, Passai Dai, Kusanku Sho, Chinto, Kusanku Dai Gojushiho			

Attacking Techniques - Hand

Attaching Techniques - Feet

Stripe 2

Kunren No Keiko	Empi Waza #1-#3 Plus Bunkai	Shuto Waza #1-#4 Plus Bunkai
	Yotsu Kado No Renshu #1 - #20	

Te Waza Combinations Te to Ashi no Waza Bag Work Board Breaking

Attaching Techniques in Jyu Kumite

All Hands	All Feet	Sweeping	Jump Spinning Ushiro Geri
Combinations with a partner	Jamming	Side Stepping	Counter Moves

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri	Flying Side Kick	Jump Back Spin Ushiro Geri
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Kumite	Jyu Kumite 1-on-1, 2-on-1 & 3-on-1
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Bunkai	All Kihon, Fukyu, Naihanchi, Pinan Bunkai Passai Sho No Bunkai, Passai Dai No Bunkai, Kusanku Sho No Bunkai
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Karate No Kokoro

Karate Ni Sente Nashi - There is no first attack in Karate-Do
Mizu No Kokoro - Mind like water, Calm and flowing

Written (Typed) Self Defense Techniques 12

Outline of Shodan Thesis

Belt

Stripe 1	Stripe 2
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Shodan Requirements

Minimum Hours 90

Physical Requirements 5 mile run, 500 Push-ups, 500 Sit-ups, 500 geri (Mae, Mawashi, Yoko, Ushiro), 500 Blocks (Age, Ude, Chudan, Gedan Barai, Shuto)

Be of Good Moral Character Understand and adhere to the traditions of Karate-Do teachings. Possess and display the moralities of Karate-Do.

Karate Kotoba

Written test of all previous language requirements, understand and be able to explain:
Fudoshin Kime No Kokoro Mushin

Stripe 1

Kihon Dachi **Te Waza** **Uke Waza** **Ashi Waza** **Geri Waza**

Te to Ashi no Waza **Te Waza Combinations** **Uke Waza #1 - #4** **Ukemi Waza**

Kumite Kihon Ippon Kaeshi Ippon Jyu Ippon Yakusoku Kumite #1 - #7
Tanren Kumite (Sanbon - Gohon)

Kata

Kihon Ippon, Kihon Nihon, Kihon Sanbon
Fukyu No Kata
Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan
Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan
Passai Sho, Passai Dai, Kusanku Sho, Chinto, Kusanku Dai
Gojushiho, Gorin

Stripe 2

Kunren No Keiko Empi Waza #1-#3 Plus Bunkai Shuto Waza #1-#4 Plus Bunkai
Yotsu Kado No Renshu #1 - #20

Te Waza Combinations **Te to Ashi no Waza** **Bag Work** **Board Breaking**

Attaching Techniques in Jyu Kumite

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri Flying Side Kick Jump Back Spin Ushiro Geri

Kumite Jyu Kumite 1-on-1, 2-on-1, 3-on-1 & 4-on-1

Bunkai All Kihon, Fukyu, Naihanchi, Pinan Bunkai
Passai Sho & Passai Dai No Bunkai, Kusanku Sho No Bunkai, Chinto No Bunkai

Karate No Kokoro

Karate Ni Sente Nashi - There is no first attack in Karate-Do
Mizu No Kokoro - Mind like water, Calm and flowing

Shodan Thesis 10 Pages

Belt

Stripe 1 Stripe 2

Nidan Requirements

Minimum Age 14

Physical Requirements 5 mile run

Be of Good Moral Character Understand and adhere to the traditions of Karate-Do teachings.
Possess and display the moralities of Karate-Do.

Karate Kotoba

Written test of all previous language requirements, understand and be able to explain:
Fudoshin Kime No Kokoro Mushin

Kihon Dachi **Te Waza** **Uke Waza** **Ashi Waza** **Geri Waza**

Te to Ashi no Waza **Te Waza Combinations** **Uke Waza #1 - #4** **Ukemi Waza**

Kumite Kihon Ippon Kaeshi Ippon Jyu Ippon Yakusoku Kumite #1 - #7
Tanren Kumite (Sanbon - Gohon)

Kata Kihon Ippon, Kihon Nihon, Kihon Sanbon
Fukyu No Kata
Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan
Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan
Passai Sho, Passai Dai, Kusanku Sho, Chinto, Kusanku Dai
Gojushiho, Gorin

Kunren No Keiko Empi Waza #1-#3 Plus Bunkai Shuto Waza #1-#4 Plus Bunkai
Yotsu Kado No Renshu #1 - #20

Te Waza Combinations **Te to Ashi no Waza** **Bag Work** **Board Breaking**

Attaching Techniques in Jyu Kumite

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri Flying Side Kick Jump Back Spin Ushiro Geri

Kumite Jyu Kumite 1-on-1, 2-on-1, 3-on-1& 4-on-1

Bunkai All Kihon, Fukyu, Naihanchi, Pinan Bunkai
Passai Sho & Passai Dai No Bunkai, Kusanku Sho No Bunkai, Chinto No Bunkai

Nidan Thesis 12 Pages **18 Self Defense Techniques**

Sandan Requirements

Minimum Age 21

Physical Requirements 5 mile run

Be of Good Moral Character Understand and adhere to the traditions of Karate-Do teachings.
Possess and display the moralities of Karate-Do.

Karate Kotoba

Written test of all previous language requirements, understand and be able to explain:
Fudoshin Kime No Kokoro Mushin

Kihon Dachi **Te Waza** **Uke Waza** **Ashi Waza** **Geri Waza**

Te to Ashi no Waza **Te Waza Combinations** **Uke Waza #1 - #4** **Ukemi Waza**

Kumite Kihon Ippon Kaeshi Ippon Jyu Ippon Yakusoku Kumite #1 - #7
Tanren Kumite (Sanbon - Gohon)

Kata Kihon Ippon, Kihon Nihon, Kihon Sanbon
Fukyu No Kata
Naihanchi Ichidan Naihanchi Nidan Naihanchi Sandan
Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan
Passai Sho, Passai Dai, Kusanku Sho, Chinto, Kusanku Dai
Gojushiho, Gorin

Kunren No Keiko Empi Waza #1-#3 Plus Bunkai Shuto Waza #1-#4 Plus Bunkai
Yotsu Kado No Renshu #1 - #20

Te Waza Combinations **Te to Ashi no Waza** **Bag Work** **Board Breaking**

Attaching Techniques in Jyu Kumite

Tobi Geri with Te Waza

Tobi Mae Geri, Mawashi Geri, Yoko Geri Flying Side Kick Jump Back Spin Ushiro Geri

Kumite Jyu Kumite 1-on-1, 2-on-1, 3-on-1 & 4-on-1

Bunkai All Kihon, Fukyu, Naihanchi, Pinan Bunkai
Passai Sho & Passai Dai No Bunkai, Kusanku Sho No Bunkai, Chinto No Bunkai

Sandan Thesis 15 Pages **24 Self Defense Techniques**