



*Okinawa Shorin Ryu - Sei Jitsu Shin Do Kan  
Training Manual (9th Kyu - Shodan)*



*Okinawa Shorin Ryu - Sei-jitsu Shin Do Kan  
Training Manual (9th Kyu - Shodan)*

*This Manual is the Property of:* \_\_\_\_\_

*Date of Receipt:* \_\_\_\_\_

## Table of Contents

Pg.	3	Shorin Ryu - Seijitsu Shin Do Kan Dojo Kun (Dojo Code)
Pg.	5	Sensei Fisher's Challenge
Pg.	6	Brief History of the Japanese / Okinawan Martial Arts
Pg.	7	Symbol of the Okinawan Royal Family
Pg.	8	8 Directions Of Movement
Pg.	9	Shorin Ryu - Seijitsu Shin Do Kan Philosophy
Pg.	10	About Shorin Ryu
Pg.	13	Famous Masters of the Past and Present
Pg.	14	Shorin Ryu - Seijitsu Shin Do Kan Seal
Pg.	15	The Kanji
Pg.	16	Expectations of our Students
Pg.	17	Clubs and Awards
Pg.	18	The Purpose Of Kata
Pg.	27	Tuite in Shorin Ryu - Seijitsu Shin Do Kan
Pg.	29	The Purpose of Kumite
Pg.	31	Karate for Children & Adults
Pg.	33	Kata Requirements
Pg.	34	Diagrams for Foot Positions
Pg.	36	Dojo and Attendance Protocols
Pg.	37	Dojo Rules and Etiquette
Pg.	38	Tournament Protocols
Pg.	39	Pressure Point Charts
Pg.	42	Karate Terminology
Pg.	55	Kobudo (weapons & kata)
Pg.	59	About the Gi, Belt and how to wear and care for them
Pg.	63	Shorin Ryu - Seijitsu Shin Do Kan Ranking System
Pg.	65	Instructor Certification and Teaching Titles
Pg.	66	Class Procedeure
Pg.	68	Testing Protocol
Pg.	70	Testing Sheets – Yellow Belt (Ku-Kyu)
Pg.	72	Testing Sheets – Orange Belt (Hachi-Kyu)
Pg.	74	Testing Sheets – Green Belt (Nana-Kyu)
Pg.	75	Testing Sheets – Green Belt (Roku-Kyu)
Pg.	80	Testing Sheets – Blue Belt (Go-Kyu)
Pg.	83	Testing Sheets – Blue Belt (Yon-Kyu)
Pg.	86	Testing Sheets – Brown Belt (San-Kyu)
Pg.	90	Testing Sheets – Brown Belt (Ni-Kyu)
Pg.	94	Testing Sheets – Brown Belt (Ik-Kyu)
Pg.	98	Testing Sheets – Black Belt (Shodan)
Pg.	102	Logos of Shorin Ryu
Pg.	104	Famous Masters of Shorin Ryu
Pg.	106	Lineage Chart
Pg.	107	Key Dates in Karatedo History

If this book is lost, replacement cost is: \$25

## **DOJO KUN (Dojo Code)**

We Will Be Faithful To All That Is Important To Us

We Will Seek Perfection of Character

We Will Respect Others at All Times

We Will Refrain From Violence

We Will Seek Success In All We Do

## Sensei Fisher's Challenge to All Martial Arts Students

In our everyday lives we all have challenges we meet and have to overcome to progress further, and to be successful. This is true not only for adults, but children in school. Since we are all human, we all have things in life we must overcome, whether it is a learning problem, attention problem, hyperactivity, hearing problem or a sight problem, like me. Or it may be something just very simple and not that noticeable. We all have these imperfections. This is not only in one aspect of our lives, but in all aspects, whether or not you want to admit it.

In Shorin Ryu - Seijitsu Shin Do Kan we learn to become tolerant to these imperfections and learn how to either control them or outright beat them, to better ourselves? This is achieved by dealing with the frustration of learning, doing something difficult, or simply working as hard as we possibly can to better ourselves, and learn more. Again this is not just in the dojo, this should be done in every aspect of your life. Whether the problems are in school, work, or family life, there are always ways to help overcome them.

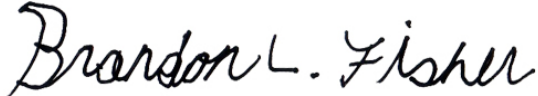
My challenge to all the students of Shorin Ryu - Seijitsu Shin Do Kan is strive for excellence and success. Never say you can't do something. You must be willing to fail and than get back to it again, and keep at it so you may succeed. As a person who has had to overcome an inconvenience of being legally blind, and who did not have any sight at birth, I feel I can make this challenge because I have learned to deal with my major problem in life. I won't ever overcome it, but I can deal with it and move on. I expect that everyone I teach will try his or her hardest to do the same.

*"You only fail when you quit"*

Strive for success in everything you do, put everything you have into each and everything you try, and you will be a success. This I promise!! Never give up, keep pushing forward through the pain, sweat and tears, and when you reach your goals you will feel as though you have earned everything.

*"Success lies within you, you just have to reach out and grab it"*

So trust in yourself and in God, and you will reach your goals in life.

A handwritten signature in cursive script that reads "Brandon L. Fisher". The letters are fluid and connected, with a prominent 'B' at the start.

Renshi Brandon L. Fisher, Rokudan

## **A Brief History of the Japanese / Okinawan Martial Arts**

The Martial Arts in some form are as old as time itself. So much of the history from ancient times as not been documented or those documents have been lost or destroyed over time. However, the history has been passed down from teacher to student since the beginning. There are parts that are not very clear, and what happened at certain times maybe it is just something lost in the translation or in the way the stories were told. However, there are some parts that are very accurate.

As history shows, the Asian Martial Arts began in Buddhist temples in India somewhere before 500 A.D. It was not until around 535A.D. with a Buddhist monk named Bodhidharma, who was from India, traveled to China and started teaching Buddhism at the Shaolin temple. These were very religious people who lived only to pray and study. They were very peaceful people who really did not get much exercise. They needed a way to physically strengthen their bodies and minds to allow them pray for long periods of time. However, at this time not only did they need it for that but they were always under attack, so they needed a means to defend themselves. Bodhidharma taught them the fighting arts he had learned in India, which eventually evolved into Shaolin Kung Fu.

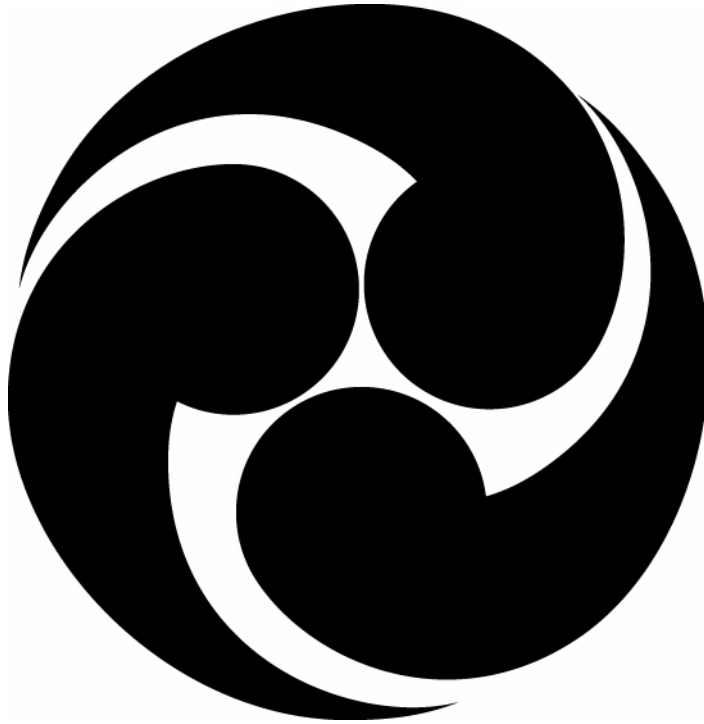
Later in history during the feudal ages in Japan the Okinawan islands were always being invaded by mainland Japanese samurai clans. The Samurai always put a weapons ban into law that did not allow the Okinawans to possess any weapons of any kind. If someone disobeyed the law and was caught with a weapon it was punishable by death. In those times there was no trial for a crime. The Okinawans had to come up with fighting methods that would allow them to protect themselves against these ruthless Samurai, using their bare hands. This they did and did very well. The fighting method originally called "te" or hand was invented and practiced in secret for centuries. They wove it into their culture to conceal its deadly movements, but that allowed them to still practice their art. It was practiced in dances in public, but in private it was practiced as a fighting method. Some of the ideals of te came from China. Okinawans were fishermen and farmers and they traded with China.

Some of the famous Okinawan masters of all time spent several years in China learning kung fu. When returning to Okinawa they took what they learned in China and adapted it in to the system of te. There ended up being three (3) main types of "Okinawan te". There was Tomari te, Naha te, and Shuri te, all named from the city on Okinawa in which they were created. Over time the systems evolved and grew, as did the knowledge and effectiveness of the systems. Today we are familiar with systems such as Goju Ryu (naha-te) and Shorin Ryu (shuri-te). These two (2) systems of Karate were the root systems for many other more modern systems, such as Shito Ryu, Shotokan, Wado Ryu, and more.

During the evolution of all this, the Okinawans were very creative in the creation of their native fighting systems. Along with the empty hand forms, the Okinawans also developed "Kobudo", which incorporated many farming and fishing implements into weapons. These weapons included the Bo (kon), Nunchaku, Kama (Sickle), Tonfa, Sai, Eaku (oar), nunte bo (spear), among others.

The bo was used to help carry buckets of water on, or to push small boats in shallow water while fishing. It is typically six (6) feet in length, allowing for a great reach when being used as a weapon. The Nunchaku or flail was used in harvesting grains and as a bridal for horses. They would use the Nunchaku to smash rice into smaller pieces or while riding horseback the Nunchaku would be used as something for the rider to hold on to. The kama was also used in harvesting, with its razor sharp curved blade it made for a deadly weapon as well as a great harvesting instrument. The tonfa, which looks similar to the modern day PR-24 that police use, was used as a handle on a grinding wheel to grind up the rice that had been harvested. It is very effective as a weapon as it can be manipulated extremely quickly, and allows the user to block and strike in many fashions. The sai's history is interesting. Some say it was never used as a farming tool and others say it was used to help sow the seeds during planting season. Either way it is a weapon that was developed outside of Okinawa, more than likely in Indonesia. This is because the island does not have a great source of iron to make the Sai. It is used as a truncheon for striking, blocking and spearing. The eaku, or sometimes called kai was a boat oar. It seems like it may be an ineffective weapon, however it was very effective. The blade of the eaku could be used to strike and block with, but was also used to flip sand into an opponents' face allowing the defender to defend themselves and get away. The nunte bo is a bo, with what looks like a sai on the end of it. I believe this would have been the more likely tool to be used to sow seeds and possibly with which to fish.

**Symbol of the Okinawan Royal Family**



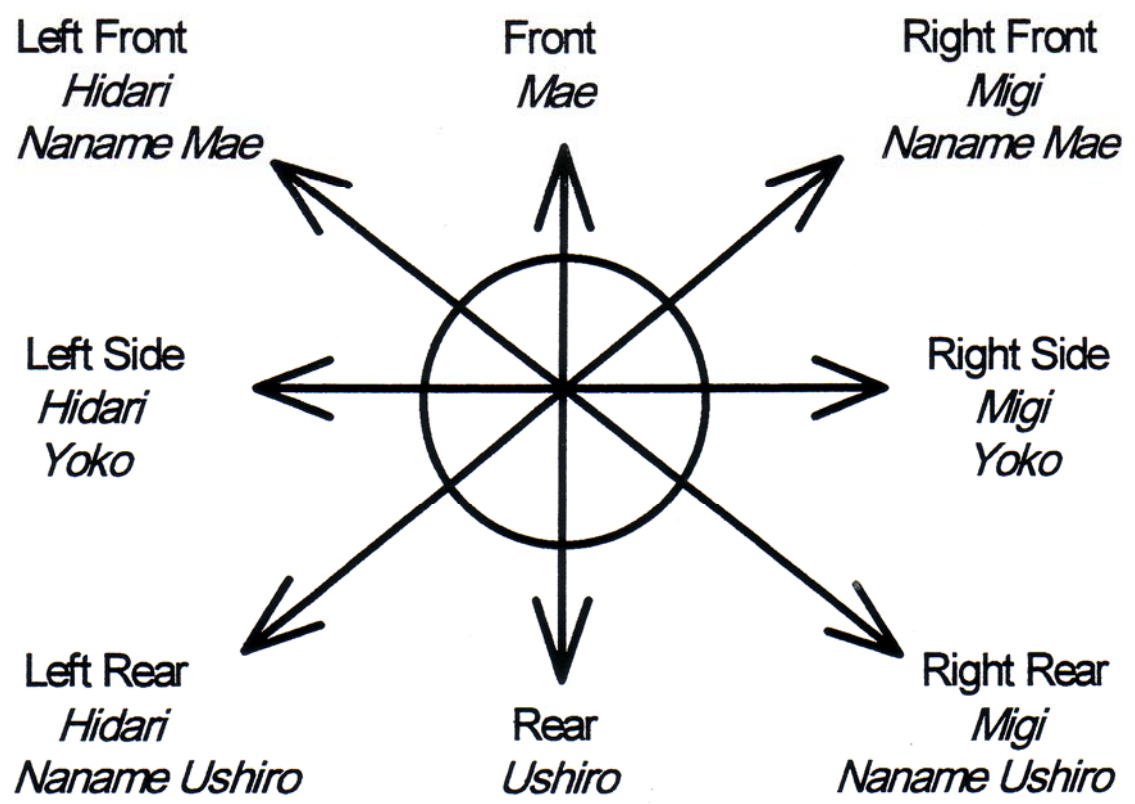
**(Mitsudomoe)**

**This symbol was adopted when the three kingdoms of Okinawa (Naha, Shuri, & Tomari) were united in the 15<sup>th</sup> century.**



8 Directions Of Movement

Eight Directions of Movement  
*Happo No Sabaki*



Taken from the Shorin Ryu Training Manual by Hanshi George Alexander

## **The Philosophy of Shorin Ryu - Seijitsu Shin Do Kan**

Our philosophy centers around living a better life and becoming a better person in general, first and foremost. Of course safety is a major factor, but we feel as though there are several other parts that should be included in the study of traditional Martial Arts. Many people join the Martial Arts to learn to kick and punch, as they see in the movies or on television. Many quickly become bored or overwhelmed with Martial Arts study because they have not learned what they see in the movies. Unfortunately some students fail to see the difference in reality compared to what is in the movies. We strive to educate those on this life study and how it can benefit them.

We believe that hard work and a lot of effort can mold a person into someone who has strong self-esteem, is motivated, disciplined, and who has pride in their accomplishments. However these accomplishments must also come with humility. Being a humble person, however strong willed, can help drive people to success in their lives. It is not a part of Shorin Ryu - Seijitsu Shin Do Kan that can be taught to any one student. I believe the true study of the Martial Arts may start with the study of physical, but ultimately it is a study of oneself. Personal growth is a huge goal to reach in life. Some reach it and some don't. Those who don't seem to be content with the way they are. I believe everyone can improve him/her self through the study of Martial Arts. Through the physical and mental challenges a person can improve their outlook on life. Our patch says Discipline, Honor, Faith and Perseverance. These are four aspects we believe to be the key to success in life.

Self Defense was significant reason karate was created, nearly a thousand years ago, on Okinawa. Those people were poor hardworking farmers and fisherman that were taken over by the samurai. They had their weapons taken away and completely outlawed as well as any system of self defense. They persevered and developed themselves in secret so they could defend themselves with "karate" (empty hand). This part of history I believe to fit into today's world. The defense of oneself and their family is not something that has gone by the wayside with the development of today's society. In some ways it has however become a secondary thought though. People deal regularly with fear of failure and lack of acceptance, among other things. This results in a lack of self-esteem and makes a person a target for those who may wish to harm us. Confidence in oneself can define the person.

This is where Shorin Ryu - Seijitsu Shin Do Kan enters into the picture. It is not a means to an end with black belt, it is truly a life study. Through the study of both traditional karate and Tuite to modern day self defense tactics we provide a means for people to grow, learn and develop. Not just for children, but for adults alike the study of Martial Arts has great benefits. However people benefit differently from its study.

The icon of "black belt" as an expert fighter is not solely true. A belt of any color is a symbol of rank. While this is true, however a black belt is not something you wear around your waist, it is something you should wear around your heart. It is not something to wear and brag about, it is something that you should embody. Don't wear a black belt, become a black belt! Become a person who is respectable, knowledgeable, friendly, ethical, and yet one who can defend your families, yourself or others if necessary.

The original students of karate were ordinary people, such as artists, florists, farmers, fishermen, and religious leaders. These are things that are highly overlooked in today's world. Sometimes the simple things in life truly are the most rewarding.

The goal for every student that I have taught and hope to teach in my lifetime has been and always will be for them to improve themselves, be strong and able, be humble, and to be respectable first and foremost. Once this is learned and developed, your study of karate has truly begun. Up to this point it is a study of physical movements designed for self defense and not much more. Be a person, not just a fighter.

## About Shorin Ryu Karate

Shorin-Ryu is one of the two original Karate styles formally systematized in Okinawa and is one of the main four styles of karate taught on Okinawa today. Shorin ryu or Shuri Te (Suidi in Okinawan) is believed to have had the most influence on the development of all modern Karate systems. Shorin Ryu comes from mainly Shuri Te, meaning hand of Shuri which is 1 of 3 branches of te that eventually merged into various styles. The other versions of Te or Ti (手) ( were Naha Te and Tomari Te. Several branches have influence not only from Shuri Te but also Tomari Te. While Shuri and Tomari merged into Shorin Ryu, Naha te influenced the creation and became known Goju Ryu, Uechi Ryu and Ryuei Ryu. Tomari-Te techniques and methods are primarily seen in Okinawa Kempo. Each of these styles mentioned has their own unique movements that the educated individual would be able to recognize and almost name the exact school the student came from. Shuri, Naha and Tomari are all villages on the island of Okinawa and the versions of Te became known as Okinawa Te (沖繩手). Today Naha is also known as Naha City the capital of Okinawa Prefecture of Japan. Karate was originally known on Okinawa as Tode (唐手)(toe day) meaning China hand. In the early 1900's the Okinawan's knew their Japanese counterparts would not accept their creation Karate as tode and they knew that they had to make Tode more Japanese for it to be accepted. So they changed the first kanji in Tode to mean kara renaming tode as karate (空手) meaning empty hand. Today karate is most commonly referred to as Karate-Do (空手道).

Following its emergence in Okinawa, Okinawa Shorin-Ryu (沖繩少林流)broke into three main branches being: Shobayashi-Ryu (少林流) (small forest school) first taught by Chotoku Kyan (1870 – 1945); Kobayashi-Ryu (小林流) (young forest school) first taught by Choshin Chibana (1885 – 1969); and Matsubayashi-Ryu (松林流) (pine forest school) first taught by Shoshin Nagamine (1907 - 1997). All three names refer to the original Shaolin Temple in China and all three are considered forms of Shorin-Ryu or 'Shaolin School'.

Before examining these three splinter groups, it is necessary to trace the origins of previous masters, Soken "Bushi" Matsumura and Yasutsune "Anko" Itosu, who trained many of the men who became founders of Shorin-ryu.

Soken Matsumura's father had been a political leader in Okinawa and had befriended Kanga 'Tode' Sakugawa (1733 – 1815) often referred to as the Father of Okinawan Karate and founding father of Shuri-te. As the elder Matsumura was on his death bed, he asked Sakugawa to raise his three year old son. So, at a young age, Sokon Matsumura (1796 – 1893) joined residence and began to train with Sakugawa. Like his teacher before him, Matsumura developed a love for martial arts knowledge. Because of this love, his teacher gave him the nickname "bushi" which means warrior. Matsumura also trained with Kusanku and, like his teacher, traveled to China for further study. Because of his skill, he was appointed to the position of head bodyguard for the Okinawan royal family through three generations of kings. He was the first to organize his knowledge into a formal system which he called Shuri-te. He contributed three main kata- Seisan, Passai (Dai), and Naihanchi Shodan. He also trained many of the men who became the masters and founders of the current styles of Shorin-ryu.

Yasutsune "Anko" Itosu trained under two teachers - Sokon Matsumura and Tomari-te's Kosaku Matsumora. Sokon Matsumura encouraged Itosu to spread the teaching of Shuri-te which, at the time, was not received well by his peers for much of te's teachers restricted who they would teach or kept it a family affair.

He started by introducing the teaching into the Okinawan public school system, but found that the traditional katas were too difficult for the younger students. So, he developed the 5 Pi nan (peaceful mind) katas which are still taught today. He was given the nickname "Anko" or "iron horse" because of his ability root himself so solidly during kata. He also is credited with introducing the Rohai and Chinto katas.

Choshin Chibana, founder of the Shorin-ryu splinter Kobayashi-ryu, began his training under Yasutsune Itosu. With the growth and development of te, he wanted to differentiate his from other systems and so named it Kobayashi-Ryu.

Chibana was an instructor for the Shuri police department and became the first president of the Okinawan Karate-do Renmei. He was also first president of the Shorin-ryu Karate-do Kyokai and received the 4th Order of Merit from the Emperor for his contribution to martial arts.

Chotoku Kyan was introduced to martial arts as a young boy in a bid to improve his ill health. His early training was under Sokon Matsumura and later with Yasutsune Itosu. He also trained with Tomari-te's Kokan Oyadomari. Renowned for his speed and ability with the bo, Kyan was never defeated in a challenge, even though he was small in stature. He named his system of Shorin-ryu Shobayashi-ryu.

Shoshin Nagamine also began his martial arts training to improve his health. He was a student of three prominent sensei named Ankichi Arakaki, Chotoku Kyan and Choki Motobu. Nagamine founded Matybayashi-ryu in 1947, naming the system in honour of Sokon Matsumura and Kosaku Matsumura. In a decorated life dedicated to martial arts, Nagamine achieved a 10th degree black belt in karate, a 3rd degree in Kendo and a 1st degree in Judo. He was also on the board of the Zen Okinawan Carate-do Renmei.

A minor form of Shorin-ryu named Matsumura Orthodox or Matsumura Seito was founded by Hohan Soken. Before Matsumura died, he passed the leadership of his system to his nephew, Nabe Matsumura. At an early age, Soken began to train with Nabe Matsumura, his uncle, and became his only student. After many years of training, Soken carried on the traditions taught by his uncle. Unlike Itosu, Soken was very selective in his students as he wanted to keep the teachings true to tradition.

Shorin-ryu is a natural flow, avoid of unbalanced stances or natural breathing patterns. It has unique patterns of coiling and of relaxing power, allowing easier concentration of force and the attainment of speedy actions. To best develop the skills involved in the art of the single, deadly blow, training is targeted at tightly bound bales of straw. Nor is the art limited to passive modes of defense: the ability to release an effective counterattack in defense is a crucial element, summarized as "Offense is an effective form of Defense."

The system tends to use more upright stances than the Japanese styles, giving the Okinawan stylist more mobility. The Okinawan stylist does not emphasize constant forward pressure when engaging in a confrontation, nor does he use indirect countering like the Chinese stylist. Instead he maintains enough flexibility to use both approaches.

## Katas

There are different sets of katas, ranging from the kihons (Exercise katas) to the rohai kata (vision of the crane kata). This is a list of the main katas studied in shorin-ryu karate. Not all Kata are practiced by all schools. It has what they are called, and the meaning of the kata:

<p>Kihon Kata Series (exercise kata)</p> <ul style="list-style-type: none"> <li>• Kihon Kata Ichi</li> <li>• Kihon Kata Ni</li> </ul>	<p>Pinan Kata Series</p> <ul style="list-style-type: none"> <li>• Pinan Shodan</li> <li>• Pinan Nidan</li> <li>• Pinan Sandan</li> <li>• Pinan Yondan</li> <li>• Pinan Godan</li> </ul>
<p>Fukyu Kata Series (universal class kata [can also be translated as Fundamental Kata])</p> <ul style="list-style-type: none"> <li>• Fukyugata Shodan</li> <li>• Fukyugata Nidan</li> <li>• Fukyugata Sandan</li> </ul>	<p>Channan Kata Series (valley Kata)</p> <ul style="list-style-type: none"> <li>• Channan Shodan</li> <li>• Channan Nidan</li> </ul>
<p>Taikyoku Kata Series (full hearted way kata)</p> <ul style="list-style-type: none"> <li>• Taikiyoku Shodan</li> <li>• Taikiyoku Nidan</li> <li>• Taikiyoku Sandan</li> <li>• Taikiyoku Yondan</li> <li>• Taikiyoku Godan</li> </ul>	<p>Passai Kata Series (breakthrough kata)</p> <ul style="list-style-type: none"> <li>• Passai Sho (Itosu No Passai)</li> <li>• Passai Dai (Matsumura No Passai)</li> </ul>
<p>Naihanchi Kata Series</p> <ul style="list-style-type: none"> <li>• Naihanchi Shodan</li> <li>• Naihanchi Nidan</li> <li>• Naihanchi Sandan</li> </ul>	<p>Kusanku Kata Series</p> <ul style="list-style-type: none"> <li>• Chatan Yara Kusanku (view the sky kata)</li> <li>• Kusanku Sho (view the sky "minor" kata)</li> <li>• Kusanku Dai (view the sky "major" kata)</li> </ul>
	<ul style="list-style-type: none"> <li>• Ananku Kata (southern light kata)</li> <li>• Chinto Kata (east-fighting kata)</li> <li>• Chinte Kata (extraordinary hand kata)</li> <li>• Chinsu Kata (Crane nest kata)</li> <li>• Gojushiho Kata (54 move kata)</li> <li>• Rohai Kata (vision of crane kata)</li> <li>• Hakutsuru</li> <li>• Jion</li> <li>• Seisan</li> </ul>

**Famous Masters of the Past and Present that Influenced Shorin Ryu - Seijitsu Shin Do Kan –  
Karate-Do**



**Sakugawa**

**Kanga 'Tode'  
Sakugawa**



**Sokon "Bushi" Matsumura**



**Yasutsune "Anko" Itosu**



**Chosin Chibana**



**Shugoro Nakazato**



**Shoshin Nagamine**



**Tom Ward**



**Eddie Bethea Jr.**



**Jack Buckley**



**Seifuku Nitta & Frank Williams**

## Our Seal



The logo of Shorin Ryu - Seijitsu Shin Do Kan is a very simple design with a great deal of meaning. The white background signifies every purity in life and also reflects on the standards of Shorin Ryu - Seijitsu Shin Do Kan. The image in the center is the image that is on the Okinawan flag and has the same meaning as yin and yang and represents our Okinawa karate heritage. The kanji reads the same as the English text.

**"The ultimate aim of the art of Karate lies not in victory or defeat, but in the perfection of the characters of its participants."**

**- Gichin Funakoshi, Founder Shotokan – Karate Do**



The kanji for Shorin Ryu Shorin Ryu - Seijitsu Shin Do Kan – Karate Do reads like this

少 ↔ Shorin = Shaolin or Pine Tree  
林 ↔  
流 ↔ Ryu = style  
誠 ↔ Seijitsu = Honest  
実 ↔  
心 ↔ Shin = Heart  
道 ↔ Do = Way  
館 ↔  
空 ↔ Kara = Empty  
手 ↔ Te = Hand  
道 ↔ Do = Way

## **Expectations of Shorin Ryu - Seijitsu Shin Do Kan Kan Students**

### **The expectation for each student is the same:**

- 1) Each student must first apply themselves and give a complete 100% effort in their training. This not only will help each student in the development of their skill level, but also in their attitude and confidence. Each student's best will be different, as that is human nature. Whether it is due to a physical problem or a learning problem, we understand that certain things will be different for each and every student.
- 2) We expect that our students will live a good life, free of substance abuse and full of vigor. They are expected to be honest in all situations, admit when they are wrong, or that they do not know something. Humility is a major factor in life. Those that realize no one is perfect will be able to learn and grow. Those who think they know it all generally end up not learning anything.
- 3) Each student should believe in themselves, show confidence in their ability but still maintain the ability to reflect humility in all they do. A student who is willing to help others learn is one that is able to help themselves to more knowledge and growth. We encourage the development of self-growth and self-confidence.
- 4) We expect of each and every student that no one says they CAN'T do something. Everyone can achieve a certain level of anything they put their mind to. But if they say they can't, before they put their 100% effort into the task, they will fail before they start. Failure is not an option if you have not first tried to do your best.
- 5) The fifth expectation, but not the least important, is that every student needs to learn to accept failure as part of the learning process. Unfortunately failure is a part of life, and many times people will fail before they succeed. In Shorin Ryu - Seijitsu Shin Do Kan failure is viewed only as a stepping-stone to success. Just as a baby must learn to crawl before they walk one must fail at some point on the way to success. One should not give in to failure, but learn from it and continue on the path to success.

## **Clubs and Awards**

### **Black Belt Club**

What is black belt club?? This is a good question, as black belt club has been set up for those who have made a personal commitment to achieve the rank of Shodan. This commitment does not end in the dojo though, it is a life commitment to help better yourself as a person, student, or worker.

Black belt means to have the perseverance to achieve your goals, to be a kind and gentle person, to be helpful to other people, to have and display discipline, and simply to be an all around good person.

Those who are in school are required to achieve and maintain a “B” average in their classes. Anything less will require you to work harder to achieve the grade you need. We are here to help you though so don’t get frustrated. If you need help with your school work we will do all we can to help.

If you are an adult you should show progress with your job. We will ask you from time to time how you are progressing with your everyday work.

Black belt club members, when achieving the rank of shodan, will have their names placed on a plaque on the wall of the dojo. It will forever hang in our dojo, denoting your dedication.

### **Academic Achievement**

At the end of each school year we encourage our students to bring a copy of their report card into us so we can see how you did in school. This is not just for elementary and high school, but also includes college and graduate school students as well. So achieving a minimum of a 3.5 gpa will merit the distinct honor of receiving an Academic Achievement Award from us. You will receive a certificate for your achievement, for you to keep, and your name will be placed on a plaque in the dojo, denoting your achievement and the school year it was achieved.



## **The Purpose of Kata in Shorin Ryu - Seijitsu Shin Do Kan**

We, as Martial Artists sometimes look at some aspects of our training with a certain level of confusion. Many times in the dojo we hear "Sensei why are we doing this?" This is a common question when learning kata. There are several steps to truly learning kata, not just a kata in which will be explored in this article.

### **What is kata??**

Kata is a predetermined pattern of movements depicting a self defense scenario against multiple attacks or attackers. Each movement being significant in its purpose also shows many hidden movements below the surface. This was purposely done when kata was being created so it could be practiced in secret and look to others as no more than an exercise or dance.

### **Step One: Learning the Movements**

This seems to be the most confusing part of training with kata. Move left, move right, block, kick, strike, and kiai. All on a certain count and speed. Confused yet? Sure, who would not be confused. This is a systematic pattern to help each and every karateka (karate student) expand their knowledge and skill level beyond just simple practice. Each direction that you move in a kata helps define the movement and the meaning of it (bunkai). For example step number five in Heian Shodan is to step left with the left foot into a zenkusu dachi (forward stance) with your toes and body facing the correct direction. Without the correct execution of this movement alone you can and will have great difficulty with the next 25 steps of this kata. Each movement must be learned so that it is second nature to the karateka (karate student), so that as he/she progresses further and learns more, the kata will make more sense to them.

### **Step Two: Developing the Movements**

Over time and with much practice you will gain better technique in your kata. This takes several years to develop, and actually may never be mastered in ones' lifetime. Each movement you make with your body should help generate more power into the technique itself. This simply means each single movement, including your breathing must act as one movement. Body movement is known as Tai Sabaki, which determines the defense against the attack being performed against you. To help develop these movements there are preset patterns for students to practice with an uke, to help better understand why they are stepping a certain way or performing a certain technique.

### **Step Three: (Breathing and Kiai) Why are they important?**

When practicing kata, the idea is to act and perform as though there is an invisible attacker trying to attack you in certain ways. Thus, you must be able to breathe correctly, step correctly, and kiai with the spirit of ten men. This is partially where your strength will come from, and this is how your technique will become more powerful and get better and better over time.

### **Step Four: Bunkai (The Interpretation of Kata)**

There are numerous schools of thought about kata. What is it for? What can it do for the student, and so on? The simple fact is it will help develop ones' reaction time, power, kime (focus), and more. With everything in place now, the bunkai aspect, the interpretation of this mystical or maybe not so mystical thing is called kata. Each movement shows a defensive or offensive movement against a would be attacker. Some clearly speak for themselves while other waza (techniques) are clearly hidden and not well interpreted. This leaves the doors open for one to use their imagination, to research and to see what can come of these hidden movements. Of course this is not done at the beginning levels or even the early advanced levels. This is where a brand new shodan starts to learn all over again. Within the bunkai there is also application Shorin Ryu - Seijitsu Shin Do Kan Kan also teaches Yakosoku Kata which is a prearranged sequence of techniques from each kata done against an attacker. This teaches the student how to apply the technique as we as tai sabaki, focus, and an actual application of the movements

## **How does kata play a part in Shorin Ryu - Seijitsu Shin Do Kan?**

Kata is a significantly important part of Shorin Ryu - Seijitsu Shin Do Kan, from the brand new student just starting out, to the master and grandmaster training. Kata helps us as karateka (karate students) to continue to better ourselves and grow as Martial Artists. The late Nakayama Sensei and Enoda Sensei were great believers in kata and what it did to help the karateka become the best they could possibly be. The physical and mental challenge of repetitious practice can only strengthen a person, if that person allows themselves to learn from the experience.

### **Conclusion:**

Best of luck and train hard. Accept the lessons kata will offer with open arms and learn them, ponder them, and make them the true basis for your training.

Written By:

Renshi Brandon Fisher, Rokudan

Revised 2006

**"Even after many years, kata practice is never finished, for there is always something new to be learned about executing a movement." ~ Shoshin Nagamine, Matsubayashi Shorin Ryu – Karate Do**

## History of the kata taught in Shorin Ryu - Seijitsu Shin Do Kan

### Taikiyoku 大極

The Taikyoku series is a series of kata in use in several types of karate. "Taikyoku" is translated as "first course" or "basic ultimate." The *Taikyoku* kata were developed by Gichin Funakoshi as a way to simplify the principles of the already simplified *Pinan/Heian* series. The *embusen*, or pattern of the kata's movements, are the same as in *Heian shodan*. Students of karate systems that use the *taikyoku* kata series are often introduced to them first, as a preparation for the *Pinan/Heian* kata. Goju-ryu developed five of its own *Taikyoku* katas, based on the Shotokan katas and retaining the H-shaped embusen.

The embusen (pathway) of all the Taikyoku kata is simple (here, the # represents the starting and ending point):

### Fukyugata 普及型

Fukyugata is the name of kata practiced in many styles of Okinawan karate, particularly Matsubayashi Shorin Ryu. There are two sets of Fukyugata. These kata were developed by Shoshin Nagamine (Matsubayashi-ryu) and Chojun Miyagi (Goju-ryu). They were developed as beginner kata because the more traditional kata were too difficult for beginners.

In some styles of karate, the kata are known as *Fukyu*. In Goju-ryu, the second Fukyugata is referred to as *Gekisai ichi*.

In 1940, these kata were commissioned by the special committee of Okinawa Karate-Do under General Hayakawa, then governor of Okinawa Prefecture, to be taught to the Okinawan school children.

Shoshin Nagamine created Fukyugata Ichi and Chojun Miyagi created Fukyugata Ni, however many year later a student of Nagamine Sensei by the name of Ansei Ueshiro created Fukyugata San.

### Pinan ピンアン

The Pinan series is commonly accepted as being created by Anko Itosu (one of Funakoshi's teachers). The only real controversy is whether he created them based upon his knowledge of the classical kata such as Kushanku and Passai, or whether he was reworking a unique Chinese form called Channan. Others historians suggest the Channan kata were originally Itosu's creations but were changed.

There have also been arguments recently about whether Itosu had created them as an adjunct to physical education, or whether he was trying to establish a separate tradition to further distinguish his modern karate tradition from Quanfa (fist techniques), or Toudi (Chinese Hand, also alternately pronounced as karate) -- both referring to older style fighting and self-defense traditions. In either case, the Pinan can be considered representative of Itosu's karate. The Pinan kata are said to have been officially introduced in the spring of 1904 (Gima et al, 1986).

Although there is some opposition to the idea Itosu had developed these kata, most of the primary sources, including those by Itosu's students, point to Itosu as the architect of this tradition. Choki Motobu, in both his 1926 and 1932 publications, states:

"The Pinan were created by the modern Bujin (warrior) Itosu Sensei as teaching materials for his students, making them truly a unique form of Okinawan kenpo, which is indeed a very joyous thing for those who follow the Way" (Motobu, 1926, 1932).

In their early, formative years, these kata seem to have been called Channan, but later the name Pinan was adopted by Itosu, apparently upon hearing the opinions of the young students (Kinjo, 1956a; Mabuni et al, 1938; Murakami, 1991; Swift, 2000). Apparently, many of those who learned the Pinan kata as Channan continued to teach them under that name (Mabuni et al, 1938).

In contrast, another theory states that Itosu did not create the Pinan kata, but actually remodeled older Chinese-based kata called Channan. This theory maintains that Itosu learned a series of Chinese Quan-fa xing/kata (kung fu) from a shipwrecked Chinese person at Tomari (a small seaport town on Okinawa), and reworked them into five smaller components, re-naming them Pinan because the Chinese pronunciation "Chiang-Nan" was too difficult (Bishop, 1999).

An interesting side note on the Pinan kata is provided by the Okinawan karate authority Hiroshi Kinjo. He states that Hisateru Miyagi (a former student of Itosu who graduated from the Okinawa Prefectural Normal School in 1916) said that when he (Miyagi) was studying under the old master, Itosu only really taught the first three Pinan with any real enthusiasm, and that the last two were rather neglected (Kinjo, 1956b).

## Naihanchi ナイハンチ

The Naihanchi, a.k.a. Naifuanchi (here demonstrated by Funakoshi in his 1924 book), series is said to be typical of in-fighting techniques, including grappling. There are three kata in modern (i.e. post 1900) karate, with the second and third thought to have been created by Anko Itosu (Iwai, 1992; Kinjo, 1991a; Murakami, 1991). Another popular theory is that originally the three were one kata, but were broken up into three separate parts by Itosu (Aragaki, 2000; Iwai, 1992). More research is necessary to prove or dispute either theory.

This kata (as some have suggested) was not originally developed to be used when fighting against a wall, but could be used for this purpose. While the kata itself linear, moving side to side, the applications are more often than not against an attacker who is in front of you, or grabbing at you from the sides or behind. Some say that the side-to-side movement is to build the necessary balance and physique for quick footwork and body-shifting (Kinjo, 1991b).

Itosu was considered to have mastered the original Naifuanchi (Aragaki, 2000; Nihon Karate Kenkyukai, 1955). It is also thought that changed the original kata. Kenwa Mabuni (1889-1941), a direct student of Itosu and founder of Shito-ryu karate-do, supposedly learned the Naifuanchi kata from an old expert named Seihaku Matayoshi. Upon showing this kata to Itosu, Mabuni was told that the way he performed it was the old way, and that Itosu had researched and improved the kata, so Mabuni should practice it the new way instead (Iwai, 1992, 2000).

So important was the Naifuanchi kata to old-style karate that Kentsu Yabu, the Martial Arts instructor at the Okinawa Prefectural Teacher's School, often told his students "Kata wa Naifuanchi ni hajimari, Naifuanchi ni owaru" (Kata begins and ends with Naifuanchi) (Gima et al, 1986). Yabu often admonished his students that one must practice the kata 10,000 times in order to make it one's own. Even Funakoshi recalled in his autobiography that he spent a total of ten years learning and practicing the three Naihanchi kata while studying under Itosu (Funakoshi, 1956).

As far as the origins of Naifuanchi are concerned, there are several theories, but unfortunately little if any evidence to corroborate or disprove them. The oldest written references to Naifuanchi's history are probably in the books of the renowned fighter Choki Motobu. Motobu stated in his two books, "Okinawa Kenpo Toudijutsu Kumite-hen" and "Watashi no Toudijutsu" that Naifuanchi was imported from China, but is no longer practiced there (Motobu, 1926, 1932). Unfortunately, this author is unable to confirm whether or not Naifuanchi is still practiced in China.

Noted Okinawan karate historian Akio Kinjo relates his own experience in researching the roots of Naifuanchi. In the 1960s, he sought out Danchi Kaneko, who had studied a Taiwanese form of White Crane boxing known as Ban Qiu Ban Bai He Quan (lit. Half Hillock, Half White Crane Boxing). Kaneko, an acupuncturist who lived in Yonabaru, taught a form that would be pronounced Neixi (lit. Inside-Knee) in Mandarin Chinese, which includes the same sweeping action found in the Nami-gaeshi or returning wave technique of the Okinawan Naifuanchi kata. This technique is shown below, as demonstrated by Motobu in his 1926 book.

The "returning wave" (the term actually coined by Funakoshi to explain an Okinawan technique to the Japanese), involves sweeping the sole of one foot up to the thigh of the other leg. Some have alternately interpreted this move to be a block of a kick, avoiding a sweep, a stomping down, or kick to an opponent's leg.

Kinjo also states that subsequent research in Fujian revealed to him that Neixi is pronounced "Nohanchi" in the Fuzhou dialect. From this, Kinjo feels that Neixi is the forerunner of the modern Okinawan Naifuanchi kata. (Kinjo, 1999)

However, even with this speculation, many questions remain unanswered with regard to the origins of this important kata.



## Wansu 汪楫

This kata is said by many to have been brought to Okinawa by the 1683 Sappushi (Chinese Imperial envoy) Ji Wang (Jpn. Oshu, 1621-1689). It is possible that it is based upon or inspired by techniques that were taught by Ji Wang. A move from this kata is here demonstrated by Funakoshi.

The problem with this theory is that why would such a high ranked government official teach his Martial Arts (assuming he even knew any) to the Okinawans? Also, Ji Wang was only in Okinawa for 6 months(Sakagami, 1978).

Ji Wang was originally from Xiuning in Anhui (a geographic section of west central China), and was an official for the Han Lin Yuan, an important government post (Kinjo, 1999). In order to become an official for the Han Lin Yuan, one had to be a high level scholar, and pass several national tests (Kinjo, 1999). Just preparing for such a position would be such a time consuming task that it would all but rule out the practice of Martial Arts. However, assuming that Ji Wang was familiar with the Martial Arts, the Quanfa (a generic Chinese term referring to Martial Arts) of Anhui is classified as Northern boxing, while the techniques of the Okinawan Wansu kata are clearly Southern in nature (Kinjo, 1999).

So, was Wansu named after Ji Wang, or someone else? This is as yet unknown. However, in the Okinawan Martial Arts, kata named after their originators are not uncommon. Some examples include Kusanku, Chatan Yara no Sai, and Tokumine no Kon. It is entirely possible that this kata was introduced by a Chinese Martial Artist named Wang (not the official Ji Wang). As the reader probably already knows, in the Chinese Martial Arts, it is common to refer to a teacher as Shifu (lit. Teacher-father). Could not the name Wansu be an Okinawan mispronunciation of Shifu Wang (Kinjo, 1999)?

Other schools of thought are that Xianhui Wu (Jpn. Go Kenki, 1886-1940) or Daiji Tang (Jpn. To Daiki, 1888-1937), two Chinese Martial Artists who immigrated to Okinawa in the early part of the 20th Century, may have been responsible for the introduction of the Wansu kata (Gima, et al, 1986). As a side note, Wu was a Whooping Crane boxer and Tang was known for his Tiger boxing. They were both from Fujian.

## Passai パッサイ

The Passai kata has perhaps spawned the greatest number of confirmed versions than any other kata in the Okinawan self-defense traditions. Although the roots of this kata are obscure, there are several theories as to its history.

Okinawan karate researcher Akio Kinjo feels that the Passai kata is related to Leopard and Lion boxing forms (Kinjo, 1999). He believes that the first step in the kata, where one steps in, twists the body sideways and performs a strong strike/block with the closed fist (here demonstrated by Funakoshi in his 1924 book), is representative of Leopard boxing, whereas the use of the open hand and the stomping actions are more representative of Lion boxing. The name itself, Kinjo holds, actually means "Leopard-Lion," which would be pronounced "Baoshi" in Mandarin, "Baassai" in Fuzhou dialect and "Pausai" in Quanzhou dialect (Kinjo, 1999).

Other theories as to the original meaning of the name Passai include "eight fortresses" (Bishop, 1999). Noted Okinawan karate historian Tetsuhiro Hokama has even hypothesized that it might represent a personal name (Hokama, 1999). Katsumi Murakami, a direct student of such luminaries as Choshin Chibana (Shorin-ryu), Motokatsu Inoue (Ryukyu Kobujutsu), Juhatsu Kyoda (Toion-ryu) and many others, calls upon his knowledge of Chinese Martial Arts when searching for the possible roots of Passai. He says that some parts remind him of the Wuxing Quan (Five Elements Fist) form of Xingyi Quan (kung fu) (Murakami, 1991).

Of the Okinawan versions of Passai, a clear evolutionary link can be seen from the "Matsumura no Passai" (named after the great karate master Soken Matsumura c.1809-1901) to the "Oyadomari no Passai" (named after the Tomari karate legend) and then on to the "Passai Dai of Itosu" (Kinjo, 1978, 1991). The Matsumura version seems to have retained an essentially Chinese flavor, whereas the Oyadomari version is a more "Okinawanized" form, which was further modified by Itosu into the uniquely Okinawan modern version seen today (Kinjo, 1991).

Noted Shito-ryu instructor and researcher Toshihisa Sofue discusses the theory that Passai was developed as a lead-in to Kushanku kata, by citing that most of the "Shuri" styles of karatedo today teach the Pinan, Naifuanchi and Passai before entering into the study of Kushanku (Sofue, 1999). However, he contradicts his own theory by also citing that Passai, while containing some similarities to Kushanku, is indeed an independent tradition, based upon the fact that it contains several unique features that are not found in Kushanku (Sofue, 1999).

Funakoshi's Passai is clearly the Passai Dai of Itosu, which is very similar to the Ishimine no Passai, believed to be passed down by Bushi Ishimine (Murakami, 1991; Sakagami, 1978).

## Ananku 安南空

Ananku is a kata from Okinawan karate. Its composer is unknown, although its history in Okinawan martial arts is relatively short in comparison to other kata. What makes this kata special is its techniques of offense and defense while in zenkutsu dachi (otherwise known as front leg bent stance or bow stance).

## Seisan 十三

There are numerous theories as to the naming of the kata. These include the number of steps originally in the kata, the number of different types of 'power' or 'energy' in the kata, the number of applications, or that the kata represents defence against 13 specific types of attack. The most likely explanation is the number of non-repeating techniques contained within the kata. It is believed Seisan derives from Yong Chun White Crane Boxing from Fujian Province in Southern China, where the form is known as 'Four Gate Hands'. Versions of Seisan taught today have roots in Shuri-te, Naha-te and Tomari-te streams of karate (that is the karate that was traditionally taught in the Okinawan towns of Shuri, Naha and Tomari).

The version of Seisan taught in the Seidokan Shorin-Ryu syllabus can be traced back to Sokon 'Bushi' Matsumura ) a highly influential teacher to Shorin styles, hence the name Matsumura-no-Seisan. This version was revised by Shian Toma (whose lineage can be traced back to Chotoku Kyan), a student of Soken Matsumura and contemporary of Gichin Funakoshi )) to bring it into line with other Seidokan kata. The form predominantly features the stance Shiko-Dachi (common in Tomari-te kata) accompanying a block which often sets up a powerful pivot and punch into Zenkutsu-Dachi. This form introduces many recurring concepts used in higher level Seidokan Shorin-Ryu kata.

Another more obscure version of this kata known as Aragaki-no-Seisan, bears the closest surface resemblance to the Shotokan kata Hangetsu. The Shotokan version was probably renamed when Gichin Funakoshi formed his school in Japan. Hangetsu translates to 'Half Moon' or 'Half Month' a reference to the half-moon stance (Hangetsu-Dachi) used extensively and the semi-circular stepping actions in this kata. It is interesting to note the name Seisan could have been a reference to the 13-day cycle of the moons phases, and knowing this Funakoshi named the kata 'Half Moon/Month'. A more obscure and unlikely theory is that the kata was taken from a Chinese folk dance where the performer is explaining the importance of the tides as they cycle on 13-day intervals as the moon revolves around the earth.

Hangetsu contains many slow movements under tension, popular in Naha-te schools such as Goju-Ryu, but rare in Shotokan and Shuri-te influenced styles making the kata quite unique. Funakoshi was taught by Sokon Matsumura (Shuri-te), Kodatsu Iha (a student of Kosaku Matsumora of Tomari-te) and Seisho Aragaki (associated with Goju-Ryu, a Naha-te style) all of which had knowledge of a version of Seisan. Funakoshi's could have taken the best from these contrasting styles synthesising them into Hangetsu, which possibly explains why the form is so different from other kata in the Shotokan cannon.

The Goju-Ryu (Naha-te) version of the kata, Higaonna-no-Seisan, is a more complicated version that contains close range fighting techniques such as short-range punches, low kicks and directional changes to unbalance the opponent. Typical of Goju-Ryu it contains slow movements performed under tension, as well as strong fast techniques. Seisan is said to complement Seienchin. Although rooted in the same form, significant differences can be seen in the Goju version compared to the other versions mentioned above.

## Chinto チントウ

Chintō (In Shotokan, Gankaku (岩鶴)) is an advanced kata practiced in many styles of Karate. According to legend, it is named after a Chinese sailor, sometimes referred to as Annan, whose ship crashed on the Okinawan coast. To survive, Chintō stole from the crops of the local people. Sokon Matsumura, a Karate master and chief bodyguard to the Okinawan king, was sent to defeat Chintō. In the ensuing fight, however, Matsumura found himself equally matched by the stranger, and consequently sought to learn his techniques.

It is known that the kata *Chintō* was well known to the early Tomari-te and Shuri-te schools of Karate. Sokon Matsumura was an early practitioner of the Shuri-te style. When Gichin Funakoshi brought Karate to Japan, he renamed *Chintō* (meaning approximately "fighter to the east") to *Gankaku* (meaning "crane of a rock"), possibly to avoid anti-Chinese sentiment of the time. He also modified the actual pattern of movement, or *embusen*, to a more linear layout, similar to the other Shotokan kata.

The kata is very dynamic, employing a diverse number of stances (including the uncommon crane stance), unusual strikes of rapidly varying height, and a rare one-footed pivot. Bunkai generally describes this kata as being useful on uneven, hilly terrain.

Today, *Chintō* is practiced in Wado-ryu, Shukokai, Isshin-ryu, Shorin-Ryu, Shito-ryu, Shotokan, Genseiryu and Yoshukai.

## Jion ジオン

Jion (translated: "Temple Grounds" or "Temple of love and goodness") conceals a strong fighting spirit, although it is not difficult to perform. It is a representative kata in the Shotokan system because of the importance of the perfection of the basic stances in its mastery. Its selection by the WKF as a shitei (compulsory) kata for Shotokan makes it a very commonly used kata in the opening rounds of competitions. Jion utilises a number of stances, notably zenkutsu dachi (front stance) and kiba dachi (horse stance). Though mostly known for its practice in Shotokan Karate, Jion's roots are in Tomari-te and is taught in the Shorinji-Ryu Karate system on Okinawa.

## Kusanku ク-サンク-

Kusanku, also called Kankudai (観空大) (translated as *gazing heavenward, viewing the sky, or contemplating the sky*), is an open hand karate kata that is studied by many practitioners of Okinawan and Japanese karate. In many karate styles, there are two versions of the kata - Kusanku sho and Kusanku dai. The name *Kusanku/Kosokun*, is used in Okinawan systems of karate, and refers to a person by the name of Kusanku, a Chinese diplomat from Fukien who is believed to have traveled to Okinawa to teach his system of fighting. In Japanese systems of karate, the kata is known as Kanku after it was renamed in the 1930s by Funakoshi Gichin. Due to its difficulty, this kata is often reserved for advanced students. One of its distinguishing features is the jump, which incorporates two kicks.

## Gojushiho 五十四歩

Gojushiho (Japanese: 54 Steps) is a kata practiced in karate, which has its origin in the *Phoenix Eye* style. Its name derives either from the repetitive movements of a woodpecker pecking a tree-trunk, or from the staggering and hesitant steps of a drunken man. In some styles of karate, there are two versions of this kata - Gojushiho Sho and Gojushiho Dai. An advantage of the two versions of the kata is to better master the difficult techniques presented therein, but not without facing some confusion, for many sequences are the same and others only slightly different. The embusen of both Gojushiho Sho and Gojushiho Dai are nearly identical. Gojushiho Sho begins straight off with a wide variety of advanced techniques and, as such, is highly recommended for study. Gojushiho Dai consists of many advanced open-handed techniques and attacks to the collar bone.

Gojushiho-Dai and Gojushiho-Sho are two versions in Shotokan of the same, single Shorin-ryu style kata called Useishi (54) or Gojushiho. Originally, the names were reversed so that Dai was called Sho, and Sho was called Dai. The name change seems to have happened sometime in the 1960's or 1970's.

It should be noted that, within the Shotokan Karate Do International Federation of Kanazawa Hirokazu, the "Dai" and "Sho" forms are reversed.

## **Tuite In Shorin Ryu - Seijitsu Shin Do Kan**

Tuite is a major factor in Shorin Ryu - Seijitsu Shin Do Kan. The techniques we teach are diverse and we attempt to make them as effective as possible. Our techniques normally can be slightly modified to fit the student's physical size and strength. This permits the student to perform the technique to the best of their ability, for their size. For use both in the dojo and on the street, the techniques are taught the same, with proficiency, and then by adding speed with increasing power. We believe speed and fluid movement is the primary key in self defense. Given that in many situations the attacker would be bigger than the person being attacked, we believe that speed and accuracy of the teaching technique is vital in surviving a real life situation. The simple fact is, in most situations an attacker will not give you a chance to defend yourself, so the little opportunity you have must be taken and done quickly. Also, because every situation and person is different, we teach more than 400 techniques and scenarios.

However there is much more to just that on the amount of techniques we teach. The techniques themselves are a true science. To do them correctly and masterfully you must understand balance (both yours and the attackers), accuracy of your strikes, blocks and kicks, how pressure points work and how they don't, and voluntary and involuntary reaction.

### **Balance**

Balance is a key issue in self defense, probably the most important factor in any situation. First let's look at the basics of how keeping your balance betters your chances of survival in a real situation. When striking, kicking or blocking your balance must be perfect to achieve the maximum amount of power you can get out of any technique. If you are a little off balance you will sacrifice a certain amount a power in the technique, and in turn loose effectiveness of the technique. Each technique, when done for real, should have penetrating power. If you only hit the surface and don't move the attacker, you will not have the stopping power you need. Learn to keep your balance above all else in odd situations.

The attackers balance can either help you or help defeat you. When you are attacked as mentioned earlier, chances are that the attacker will be bigger than you and in turn probably stronger, however this is not always true. When someone is bigger and stronger the worst thing you can do is try to overpower him or her with simple strength, it just won't work. So you have to learn to offset their balance, so that you now have the advantage. Of course this is easier said than done, but with practice in different situations this can become much easier because it becomes second nature, after a lot of practice. There are many ways to offset an attackers' balance, and through the various techniques and scenarios you will learn those methods.

### **Accuracy of your strikes, blocks, & kicks, & pressure points**

The accuracy of your striking, blocking and kicking techniques can determine whether you win or loose in a tournament kumite or self defense division, or whether you walk away from a real fight. Obviously you would not want to just depend on pure muscle in a real fight and obviously you would not want to get hit. When striking, blocking and kicking, proper execution of each technique requires good strong focus, proper turning and snapping motion is essential. Then being able to hit the area of the body you are aiming at with the force of a Mack truck is the difference between winning and losing, for real and in competition. The only difference is in competition control must be demonstrated.

## **Pressure Points (Kyusho Jutsu)**

Pressure points are vital points of the body to be used to control, disable, or knock out an attacker. These points are small, normally the size of a dime, so they are extremely hard to strike. In real situations, and given the danger of the striking them practice involves touch and a little pressure not a strike. The most common pressure points are the eyes, under the nose, the temples, the side of the neck, the groin and the base of the skull. However these points are all over the human body. They are located wherever there is a joint and a nerve. Some common areas are in the wrist, mid forearm, between the knuckles, in the bend of the elbow, in the armpit, instep of the foot, Achilles tendon, back of the knee, the nipples and near the collarbones and the base of the neck. To strike, grab or use any pressure point, such as these, takes a great amount of practice to know exactly where they are, what angle to hit them at and how hard.

## **Voluntary and involuntary reaction**

Some people don't realize that there is a difference, but along with everything else the human body truly is amazing. However I am not going to go into great detail on this, but the basics of it are. Techniques like joint locks, and pressure points cause involuntary reaction in the body. All else is voluntary reaction.

To develop these aspects is why we have so many techniques and scenarios. As times change and scenarios change there will be more added, however, it takes a great amount of practice to develop second nature reaction, and the truth is a true master of the Martial Arts will only truly react in a handful of ways in a reality situation. There are many techniques that can be done from those certain ways but everyone develops and reacts differently towards different things.

With each rank testing toward Black Belt, the techniques become more difficult, but they don't necessarily change in application. However, at each level of testing toward the Black Belt, more complicated scenarios will be introduced. Speed and efficiency is expected to improve, and understanding of the techniques is obviously also expected to constantly improve. There is no limit to how much improvement is expected. Even when a student achieves black belt, improvement is expected, only at a different level and with different aspects.

## **The Purpose of Kumite (Sparring) 組手**

Kumite, or sparring in karate helps develop different aspects of a student's skill in karate. It helps increase speed and accuracy of techniques, enhances awareness, and it helps overcome fears of being hit or kicked. It is a terrific physical workout and it can be just out right fun. The following will cover each aspect further:

### **Increasing speed and accuracy of your technique**

When sparring, just as in boxing, it is to help improve your response time when someone is also on the attack. This can help you in a real situation if someone attacks you. Good kumite training develops your reaction time so that you can block and counter quickly and accurately, without just swinging at something. Learning to pick your target and hit it as much as possible is a great skill to have, however it takes a long time to develop it.

### **Enhancing Awareness**

Of course if you know when someone is going punch or kick it is easy to block, and your awareness is not sharpened the way it should be. It is only when you don't expect what is coming, or learning to read other peoples movements, that one can be truly successful in a tournament fight, or be able to better ones' chances on the street.

### **Overcoming Fear**

I believe that every person (man, woman, boy or girl) is afraid of being hit. It's the fear of not knowing what to expect and not being conditioned for it. Kumite helps to overcome that fear with extensive training. One way it does this, is the person becomes used to the physical contact over time. In Shorin Ryu - Seijitsu Shin Do Kan that is an aspect of full contact sparring at the higher levels. This conditions your body to be able to take a hit if you are ever attacked, and so that you can keep fighting. Knowing what to expect helps the whole fear situation.

### **What a workout!!**

Kumite is probably one of the best cardio workouts you can experience. With the explosive movement it requires and the long rounds of kumite training your physical endurance is raised. This is not to say you will not tire quickly, but you will be able to keep going. This is similar to a marathon runner, who by the end of the race is physically exhausted, but still has the stamina to keep going.

## **Various Types Of Kumite**

Strangely enough there are several styles of Kumite with the Japanese systems of Karate. Each of the types of kumite have a specific purpose, but on the road to a common goal. Whether the type is to increase speed and accuracy, help with self defense or to help with freestyle fighting.

### **Yakosoku Kumite (Premise Fighting)**

Yakosoku kumite is the first set of kumite that is taught in most dojos. These are prearranged sparring scenarios done with a partner to help the karateka (karate student) to learn the basics of movement, balance, technique application and kime (focus). Not all systems of the same set of Yakosoku set up the same, many times they vary from school to school and style to style. However, they all achieve the same purpose. Each one is to develop blocking, striking, kicking and tai sabaki (body movement) skills.

### **Ippon Kumite**

On some occasions Ippon Kumite is practiced with only one style of attack, allowing the defender to learn to block either kicks or strikes without having to worry about both at one time. But in other cases it can be practiced with both strikes and kicks at the same time. Of course this is a more traditional method of training than just free sparring. However, the goal of this is still for one person to score 1 point or Ippon, to win the match. This is great training for the overtime, sudden death matches in kumite shiai (sparring competition).

### **Nihon & Sanbon Kumite**

As with Ippon kumite, Nihon Kumite (2 point sparring) and Sanbon (3 point sparring) are done the same way, only with more points. Something called Sanbon Jiyu Kumite (3 point Free Sparring) is what is practiced in most modern tournaments.

### **Jiyu Kumite**

Jiyu Kumite, or free sparring, the rules are more open and you are allowed to attack with more techniques. In jiyu kumite, points are typically not called when stopping the fight but while it is still going on. Sweeps and other takedowns are allowed in jiyu kumite, and it is a great way to learn how to apply different strikes, kicks and takedowns when fighting. Especially how to combine them all, while you have to defend the various attacks as well.

**On tournament fighting: "Focus on your preparation, confidence and strategy before each match and your mentality during the match. Don't wait for the outcome to interpret your skill level."**

***- Tsutomu Ohshima, Godan Shotokan – Karate Do***



## **Karate for Children**

Many times children gain an interest in Martial Arts due to TV shows, such as the Power Rangers, Teenage Mutant Ninja Turtles, Jackie Chan Movies and Cartoons, among other things. Some join because their friends are involved in a program also. However the kids don't realize initially what the Martial Arts can do for them. All they see is the flipping, breaking, punching and kicking as it is on TV. It is therefore the parent's responsibility to understand the need and benefits of Martial Arts for their children.

First Shorin Ryu - Seijitsu Shin Do Kan does not award black belts to anyone less than 15 years of age, and that is only if they are an exceptional student. Normally 16 years of age is the minimum age for a student to earn the black belt. Our focus is to help the kids develop their learning abilities, attention span, self-discipline and self-confidence, which should come before all else. We feel that training in Martial Arts is a perfect avenue to do just that. These characteristics, among others, are first and foremost when someone is a black belt. We feel that children need sufficient time to develop these qualities so that it makes them a top-notch student and person.

Children develop differently, and we recognize that there are many reasons why they do, but this is the beauty of children growing up. Teaching children is an unbelievable responsibility, but one that is incredibly rewarding. We feel that if you teach a child incorrectly, or provide a bad influence, it can affect them for their entire life. We believe in positive encouragement but so that they also develop a strong work ethic, honesty, integrity, discipline, and focus. This will help carry them through life with a great amount of success, instead of failure.

Our goal is to teach children to help them develop their minds and bodies, not just to kick and punch. We teach children to accept others, and how to work together with all genders and races, not just their own gender and/or race, and not just their own friends. All of this is done by teaching a child the basics of Martial Arts. It's truly an amazing thing to see a child develop with Martial Arts training. To see the pride in their face when they accomplish something difficult, to see them improve their grades in school, and see them develop more energy to play instead of sitting in front of the TV or playing video games. We also encourage competition with kids so they learn good sportsmanship and honor.

These are only some of the things we hope Martial Arts can do for a child. But training that is rushed and is only about the color of the belt can leave a bad taste in their mouth forever. We encourage life long study of the Martial Arts so we try to teach children how to learn and have fun while doing it.

## **Karate for Adults**

There are many adults that feel Martial Arts training is not for them. Whether it is because they are afraid of it for some reason, out of shape, or feel they are too old. None of these reasons should stop an adult from training in the Martial Arts, and there are many reasons for an adult to join a Martial Arts school.

Martial Art teaches discipline, and some adults feel they cannot adhere to a rigid program, or they don't want to test for belts. Well the truth is most people can make an excuse why they can't do something and that's why they don't do it. Martial Arts training is definitely beneficial to all ages, shapes, sizes, genders and races.

First, adults who work in downtown urban areas are always at risk of being mugged, attacked in some way, or a victim of another type of crime. Proper Martial Arts training helps raise a person's awareness, confidence, and ability to defend themselves. This also results in a person carrying themselves differently, with more confidence and awareness, which as been known to help keep others from committing a violent crime against them. This is not to say it will prevent it but it can help avoid it.

Another benefit for adults is physical fitness. Many adults work at desk jobs, or do not get a lot of exercise, which everyone needs. Let's face it, for many people to go workout in a gym setting can be either boring or frustrating. Some people need more motivation to get and stay in shape. Martial Arts will provide an avenue for this. A Martial Arts workout can not only build your body muscle strength, but the cardio effect from the workout is great. Within a few minutes of doing a regimented line drill, your heart rate is up, and you should be building up a good sweat. This helps build your endurance as well as your physical strength.















Martial Arts will help to develop many qualities in both children and adults, such as: Focus, Self Discipline, Self Awareness, Physical Fitness, Self Control, Self Esteem, Humility, and Spirit.

### **So what is stopping you from joining our program?**

#### **Special Note!**


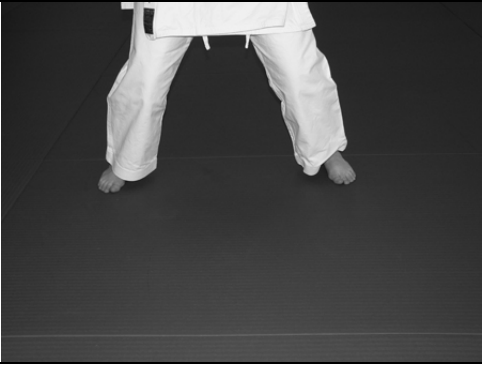
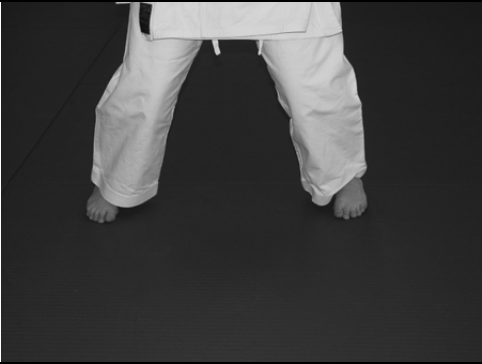
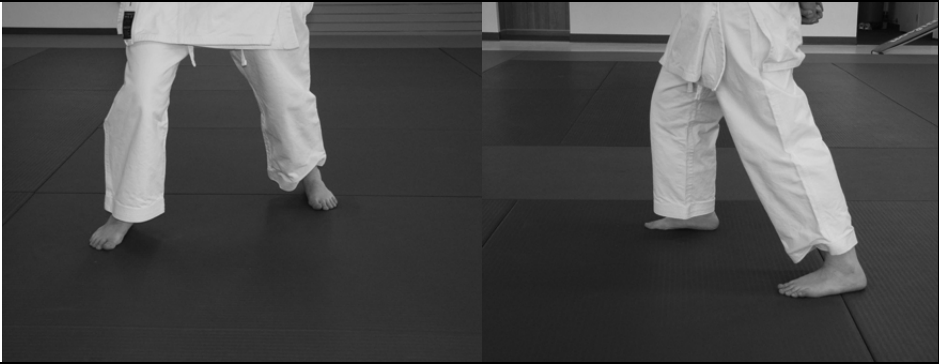

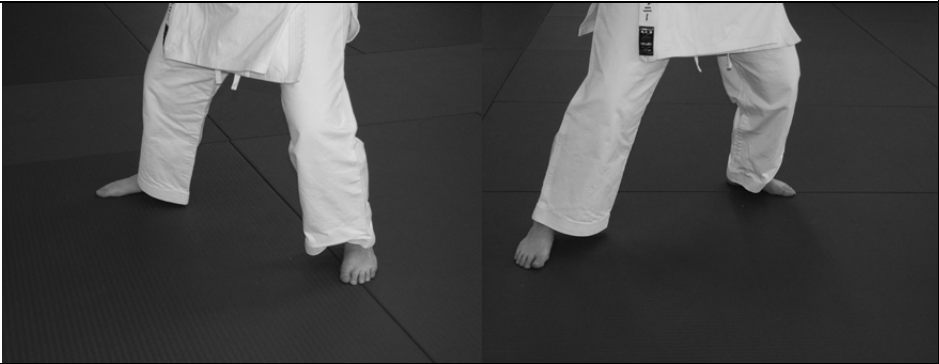

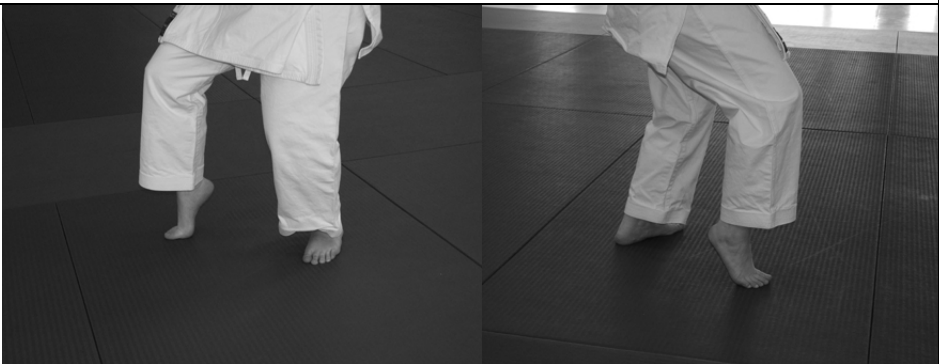
We strongly recommend anyone with a heart condition, or if over 40 years of age, should get a physical examination before joining our program.


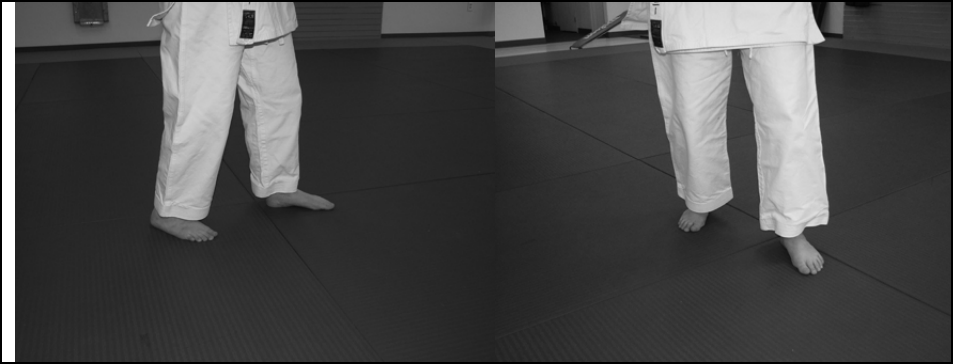



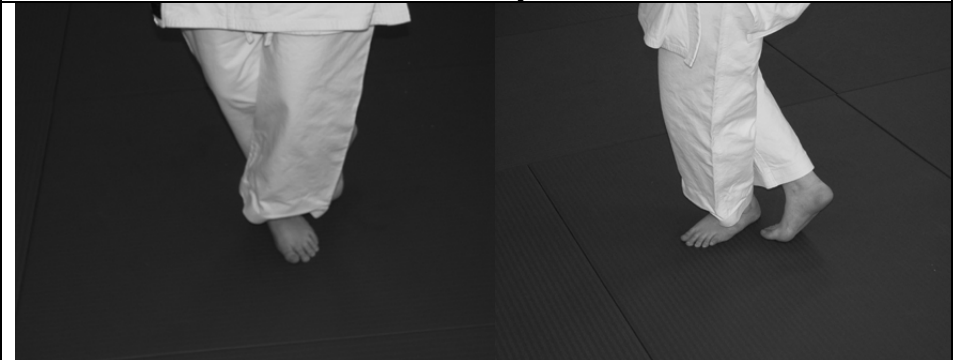

## Shorin Ryu - Shorin Ryu - Seijitsu Shin Do Kan Kata Requirements

Kyu Rank Kata		Dan Rank Kata	
 9 <sup>th</sup> Kyu	1. Taikiyoku Shodan	 Shodan	16. Passai Dai 17. Seisan
 8 <sup>th</sup> Kyu	2. Fukyugata Ichi	 Nidan	18. Chinto 19. Nagamine No Nunchaku Sho
 7 <sup>th</sup> Kyu	3. Fukyugata Ni 4. Pinan Shodan	 Sandan	20. Jion 21. Kusanku 22. Toyama No Kama
 6 <sup>th</sup> Kyu	5. Pinan Nidan 6. Wansu	 Yondan	23. Chatan Yara Kusanku 24. Sochin
 5 <sup>th</sup> Kyu	7. Pinan Sandan 8. Naihanchi Shodan	 Godan	25. Gojushiho
 4 <sup>th</sup> Kyu	9. Pinan Yondan 10. Naihanchi Nidan		
 3 <sup>rd</sup> Kyu	11. Pinan Godan 12. Passai Sho		
 2 <sup>nd</sup> Kyu	13. Ananku 14. Tsuken Bo		
 1 <sup>st</sup> Kyu	15. Naihanchi Sandan		

**Pictures of Foot Positions for stances**

The pictures are of the main stances used in Shorin Ryu - Seijitsu Shin Do Kan – Karate Do.

	
<b>Yoi Dachi</b>	<b>Kiba / Jigotai Dachi</b>
	
<b>Naihanchi Dachi</b>	<b>Zenkutsu Dachi</b>
	
<b>Kamae Dachi</b>	<b>Kokutsu Dachi</b>
	
<b>Heisoku Dachi</b>	<b>Neko Ashi Dachi</b>

	
<p><b>Musubi Dachi</b></p>	<p><b>Shizentai Dachi</b></p>
	
<p><b>Hachiji- Dachi</b></p>	<p><b>Soto Hachiji Dachi</b></p>
	
<p><b>Sanchin Dachi</b></p>	<p><b>Koso Dachi</b></p>
	
<p><b>Shiko Dachi</b></p>	

## **Dojo and Attendance Protocols**

### **1. Entering the Dojo and Leaving the Dojo**

- a) When entering the Dojo, remove shoes and place them neatly on the shoe rack or place them in your gear bag.
- b) If there is a class going on, enter quietly so not to disturb the class and go change if necessary, or wait quietly for your class to begin.
- c) Scan your ID card so we can track your time in class. Don't forget, this goes towards your next promotion.
- d) When leaving do not put on shoes until you are near the door.

### **2. Entering and leaving the training area**

- a) When entering and leaving the training area bow in towards the training area.

### **3. Bowing in and out of class**

- a) When sensei or any other black belt calls for Narande (line up), you will quickly line up according to rank. The lowest rank in class will line up to Sensei's left and the highest rank should be towards Sensei's right. You should be facing the flags, which is Shomen (front), in an attention stance.
- b) Sensei will say seiza and you will kneel down on your right knee and then on your left, crossing your big toes over each other (seiza).
- c) Sensei will say shomen ni rei and you will perform a kneeling bow (zareai) towards the flags,
- d) Sensei will say Mokuso and you will close your eyes and reflect on what you want to achieve in your training that day or what you have achieved. When complete Sensei will say Mokuso Yamae and you will open your eyes.
- e) Sensei will then say Sensei Ni Rei and you will perform a kneeling bow (zareai) towards Sensei.
- f) Class says Onegai shimasu When complete class will begin
- g) Only difference at the end of class is you will wait to be dismissed, and when you are you will thank Sensei by saying Domo arigatogozaimasu, and Sensei will reply by saying Doita shimashite (your welcome).

## **Attendance Procedures**

Our attendance procedure is easy to follow and adhere to. However easy, it is not to be taken lightly. Our computer system is set up to track your attendance and payment records based on your student / staff ID card. Some dojo's will keep your cards in the dojo however we feel it is your responsibility to keep track of it, and remember it each time you come to class. Your ID card is almost one of the keys to your next promotion, as the system will track your last promotion date and state when you should be eligible to test again. Please do not loose your ID card. If you do, please let us know immediately so we can get you a new card and assign you a new student number. When you come into class each time, scan your ID card at the front desk, using the scanner. If there is a problem with the scanner let Sensei know.

## Dojo Rules and Etiquette

### **1. How to address the instructors and other students**

- A. The head instructor is to be called Sensei other instructors you may address them by using Sensei and their first name (e.g.: "Sensei Stephanie").
- B. You may call other students by their first name.

### **2. Class Procedures**

- A. When you have a question during class, get Sensei's attention by raising your hand or asking Sensei to come over to help.
- B. Keep all conversations, not related to training, for after class.
- C. Training is the only acceptable activity in the dojo.
- D. You must wear a "full" gi to practice, or you will not be allowed to participate.
- E. No jewelry (i.e.: rings, watches, earrings, necklaces, bracelets) are allowed to be worn during training sessions, with the exception of wedding bands that do not have a stone.
- F. While participating in kumite practice, all proper protective equipment should be worn.

### **3. Wearing your dogi inside and outside of the Dojo**

- A. Do not wear your belt outside of the dojo. If you are wearing your dogi to class, either carry you belt in a bag or around your neck and tucked inside your jacket.
- B. When your dogi or obi needs adjustment turn away from the instructor and kneel on your right knee to make adjustments and then face front again. This should be done quickly so you do not miss anything.

### **4. Etiquette inside and outside the Dojo**

- A. Only those enrolled in the program are allowed on the tatami unless they have special permission from the head instructor.
- B. Street clothes and shoes are to be kept neatly off to the side of the tatami (mat) or placed inside a bag.
- C. Long hair must be tied back and kept off of the face of the student, for safety reasons. Please use a hair tie and not barrettes.
- D. Food and beverages are not allowed on the tatami (mat).
- E. Students will learn, and abide by, karate etiquette while engaged in Karate activities (i.e.: tournaments, seminars, and awards banquets). Every Shorin Ryu - Seijitsu Shin Do Kan student will address black belts, outside of our system, with their proper title.
- F. Any student found to be using any illegal drugs will be excused from the organization until such time they have proven themselves to be sober and clean.
- G. Anyone found to be intoxicated in anyway while training will also be excused IMMEDIATELY. We hold a ZERO tolerance policy on this.
- H. Cologne and perfumes are not to be worn during class.
- I. Fingernails and toenails are to be trimmed to the top of the finger or toe. NO LONGER!! Nails can cut someone very easily and badly.
- J. Rules of Sportsmanship will be practiced at all times.

## **Tournament Protocols**

When competing in a tournament there are certain protocols that must be adhered to. Follow these simple steps to help increase your score and to make yourself look better as a Karate student, to black belts from other schools.

When on deck, waiting to compete, stand at the corner of the ring opposite of where the scorekeepers are sitting.

Wait for the competitor who is competing to exit the ring, bow to that competitor and proceed to the center of the ring line. Turn and face the judges, bow in to the ring, and approach the judges, bow one more time to them and introduce yourself in the following fashion:

Judges My Name Is: First and Last

My Style Is: Okinawa Shorin Ryu

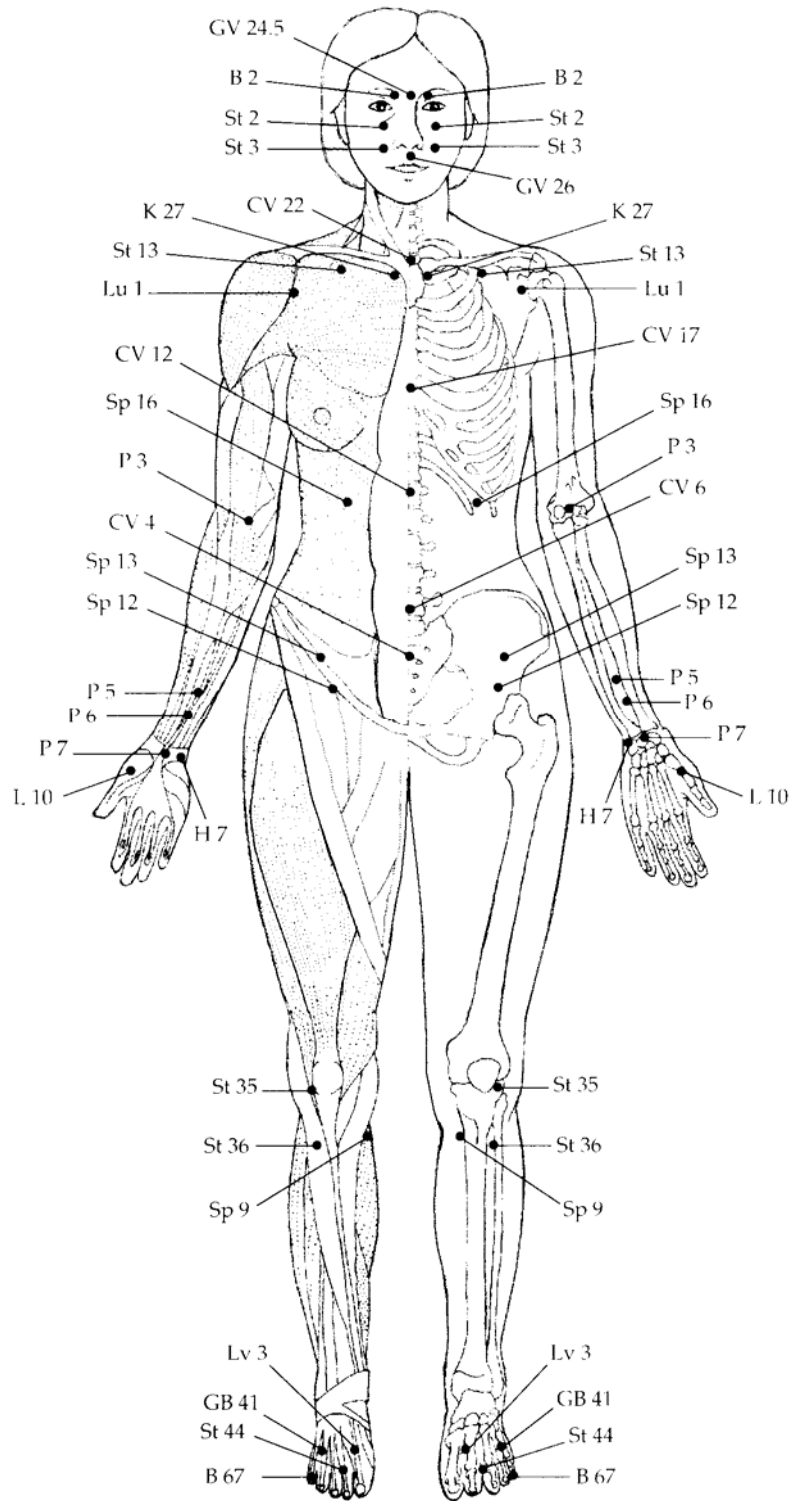
With your permission may I begin my (tell them what you will be doing)?

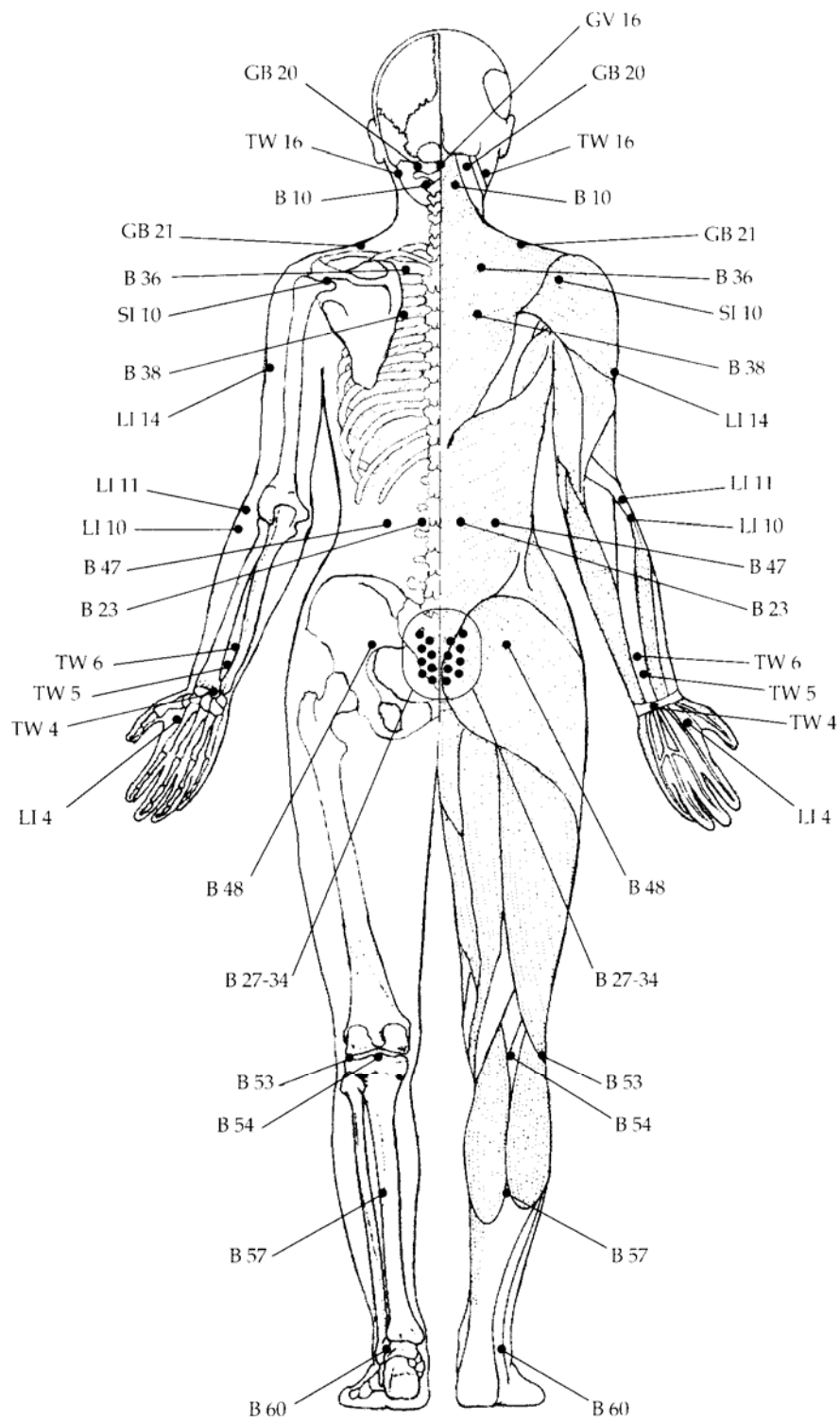
Once they give permission, thank the judges by saying Thank You Judges or Domo Ari Gatto Sensei.



# Pressure Point Charts

## POINT LOCATION CHARTS





## The Thirty-Six Vital Points

LOCATION	MERIDIAN POINT	ENGLISH NAME
1. Coronal Suture	GV 22	Brain House
2. Frontal Fontanel	GV 24	Temple of God
3. Temples		Great Yang
4. Eyes		
5. Ears		
6. Mastoid Process	TH 17	Wind Screen
7. Philtrum	GV 26	Water Drain
8. Chin (indentation)	CV 24	Containing the Fluid
9. Neck (both sides)	SI 16	Heavenly Window
10. Throat (also larynx)	ST 9	Man Welcomes
11. Suprasternal Fossa	CV 22	Appearing To Disappear
12. Supraclavicular Fossa	ST 12	Small Bowl
13. Posterior Midline	GV 16	Wind Palace
14. Seventh Cervical Vertebra	GV 14	Grand Hammer
15. Breast Bone	CV 18	Jade Palace
16. Xiphoid Process	CV 15	Tail of the Dove
17. Axilla (armpit)	HT 1	Extreme Fountain
18. Fourth Thoracic Vertebra	BL 43	Hollow of the Vital Centers
19. First Lumbar Vertebra	BL 51	Door of the Vital Centers
20. Tip of the Coccyx	GV 1	Long Strength
21. Below the Umbilicus	CV 4	Gate of Origin
22. Testicles (and Prostate Nerve)	CV 1	Meeting of Yin
23. Seventh Intercostal Space	GB 24	Sun and Moon
24. Tip of the Eleventh Rib	LIV 13	Door of the Shelter
25. Inguinal Region	LIV 11	Yin Passage
26. Biceps (lateral side)	LU 3	Celestial Palace
27. Forearm	LI 10	Three Miles
28. Wrist Crease	HT 5	Communication With the Interior
29. Wrist Crease	LU 8	Meridian Gutter
30. Hand (between the Thumb and Forefinger)	LI 4	Joining of the Valleys
31. Hand (web between the Baby and Ring Finger)	TH 2	Door of the Fluids
32. Lower Thigh	GB 31	City of Wind
33. Back of the Knees	BL 40	Perfect Equilibrium
34. Ankle (inside)	KD 6	Sea of Luminescence
35. Ankle (outside)	BL 62	Vessel of the Hour of Shen
36. Foot (crease between the Second and Third Metatarsophalangeal joint)	LIV 3	Big Surge

## Karate Terminology

### Tsuki (Punches) 突き

<u>English</u>	<u>Japanese</u>	<u>Kanji</u>
Straight Punch	Choku Tsuki	直突き
High Level Punch	Jodan Tsuki	上段突き
Mid Level Punch	Chudan Tsuki	中段突き
Low Level Punch	Gedan Tsuki	下段突き
Rising Punch	Age Tsuki	上げ突き
U Punch or Mountain Punch	Yama Tsuki	山突き
Consecutive Punching With Same Hand	Heiso Tsuki	平素突き*
Reverse Punch	Gyaku Tsuki	逆突き
Foreknuckle Fist	Hiraken	四本拳
One Knuckle Fist	Ippon Ken	一本拳
Roundhouse Punch	Mawashi Tsuki	回し突き
Flowing Punch	Nagashi Tsuki	流し突き
Middle Finger One Knuckle Fist	Nakadaka Ippon Ken	中指一本拳
Lunge Punch	Oi Tsuki	追い突き
Alternate Punching	Ren Tsuki	連突き
Double Punch	Nihon Tsuki	二本突き
Triple Punch	Sanbon Tsuki	三突き
Vertical Fist	Tate Tsuki	立て突き
Upper Cut	Ura Tsuki	裏突き
Square Punch	Kaku Tsuki	角突き
Circular Block / Punch Combination	Tomoe Tsuki	巴突き
Double Side Punch	Sayu Tsuki	
Tomoe Shotei Ate	Circular Palm Heel Smash	巴掌底当

### Striking Techniques (Uchi Waza) 内技

Rising Elbow Strike	Age Empi Uchi	上燕打ち
Elbow Smash	Hiji Ate	肘当
Backhand Strike (done open hand)	Haishu Uchi	逆手内
Ridge Hand	Haito Uchi	背刀打ち
Elbow Strike	Hiji Uchi	肘打ち
One Finger Spear Hand	Ippon Nukite	一本貫手
Chicken Beak	Keito Uchi	鶏頭打ち
Hammer Hand Strike	Kentsui Uchi	拳槌打ち
Two Finger Spear Hand	Nihon Nukite	二本貫手
Spear Hand	Nukite	貫手
Knife Hand Strike (Karate Chop)	Shuto Uchi	手刀打ち
Hand Heal Strike	Shotei Uchi	掌底打ち
Backfist Strike	Uraken Uchi	裏拳打ち
Back Roundhouse Elbow Strike	Ushiro Mawashi Hiji Uchi	後ろ回し肘打ち
Side Elbow Strike	Yoko Hiji Uchi	横肘打ち

Front Roundhouse Elbow Strike	Mae Mawashi Hiji Uchi	前回し肘打ち
Knee Smash	Hiza Ate	膝当
Tiger Mouth	Torite Uchi	
<b><u>Kicking / Leg Techniques (Geri 蹴り / Ashi Waza) 蹴技</u></b>		
Foot Sweep	Ashi Barai	足払い
Stamping Kick	Fumikomi Geri	踏み込み蹴り
Knee Strike	Hiza Geri	膝蹴り
Ax Kick	Kakato Geri	踵蹴り
Snapping Kick	Keage Geri	蹴上げ蹴り
Thrusting Kick	Kekomi Geri	蹴込み蹴り
Front Kick	Mae Geri	前蹴り
Front Thrust Kick	Mae Geri Kekomi	前蹴り蹴込み
Front Snapping Kick	Mae Geri Keage	前蹴り上げ蹴り
Roundhouse Kick	Mawashi Geri	回し蹴り
Crescent Kick	Mikatsuki Geri	三日月蹴り
Soto Crescent Kick	Soto Mikatsuki Geri	外三日月蹴り
Double Kick	Nidan Geri	二段蹴り
Consecutive Kicking	Ren Geri	連蹴り
Jumping Kick	Tobi Geri	飛蹴り
Toe Kick	Tsumasaki Geri	爪先蹴り
Back Kick	Ushiro Geri	後ろ蹴り
Back Thrusting Kick	Ushiro Kekomi Geri	後ろ蹴込み蹴り
Back Snapping Kick	Ushiro Keage Geri	後ろ蹴上げ蹴り
Side Kick	Yoko Geri	横蹴り
Side Snapping Kick	Yoko Keage Geri	横蹴上げ蹴り
Side Thrust Kick	Yoko Kekomi Geri	横蹴込み蹴り
Spinning Back Kick	Mawari Ushiro Geri	周り後ろ蹴り
Spinning Hook Kick	Mawari Kake Geri	周り掛け蹴り*
Groin Kick	Kinteki Geri	金的蹴り
<b><u>Blocking Techniques (Uke Waza) 受技</u></b>		
High Level Block	Jodan Uke	上段受け
Upper Rising Block	Age Uke	上げ受け
Middle Level Block	Chudan Uke	中段受け
Inside Block or Middle Crossing Block	Chudan Uchi Uke	中段腕受け
Low Block	Gedan Uke	下段受け
Low Sweeping Block	Gedan Barai	下段払い受
Elbow Block	Empi Uke	燕飛受け
Leg Hooking Block	Ashibo-Kake Uke	脚部掛受
Ankle Hooking Block	Ashikubi-Kake Uke	足首掛受
Combined Block	Awase Uke	合受け
Lower Level Outside Forearm Block	Gedan Soto Ude Uke	下段外腕受け
X Block	Juji Uke or Kosa Uke	十字受け or

		交差受
Hooking Block	Kake Uke	掛受
Open Hand Block	Kaisho Uke	
Hammer Hand Block	Kentsui Uke	拳槌打受け
Crossed Block	Kosa Uke	交差受け
Augmented Block	Morote Uke	諸手受け
Sweeping Block	Barai Uke	払い受け
Dropping Block	Otoshi Uke	落受け
Knife Hand Block	Shuto Uke	手刀受け
Outside Block	Soto Uke	外受け
Scooping Block	Sukui Uke	掬受け
Palm Heel Sweep	Shotei Barai	掌底払い
Palm Heel Block	Shotei Uke	掌底受け
Punching Block	Tsuki Uke	突き受け
Inside Forearm Block	Uchi Ude Uke	内腕受け
Forearm Block	Ude Uke	腕受け
Back Fist Block	Uraken Uke	裏拳受け
Grasping Hand Block	Torite Uke	捕手受け
Searching Hand Block	Sagurite Uke	探手受け
Scissor Block	Hasumi Uke	鋏受け
Ridgehand Block	Haito Uke	背刀受け
<b><u>Stances (Dachi Waza) 立技</u></b>		
Rooted Stance	Fudo Dachi	不動立
Horse Stance	Naihanchi Dachi	ナイハンチ立ち
Straddle Stance	Kiba Dachi or Jigotai Dachi	騎馬
Forward Stance	Zenkutsu Dachi	前屈立ち
Half Forward Stance	Han Zenkutsu Dachi	半前屈立
Back Stance	Kokutsu Dachi	後屈立
Half Back Stances	Han Kokutsu Dachi	半後屈立
Crossed Foot Stance	Kosa Dachi	交差立
Cat Stance	Neko Ashi Dachi	猫足立
Hour Glass Stance	Sanchin Dachi	三戦立
Sumo Stance	Shiko Dachi	四股立
Natural Stance	Hachi-Ji Dachi	八字立
T Foot Stance	Teji Dachi	丁字立
Crane Stance	Sagiashi Dachi	鷺足立
Parallel Stance	Heiko Dachi	平行立
Closed Foot Stance	Heisoku Dachi	閉足立
Half Moon Stance	Hangetsu Dachi	半月立
Closed Foot Stance	Musubi Dachi	結び立
Natural Stance	Shizentai Dachi	自然立ち

<b>Throwing &amp; Sweeping Techniques (Nage Waza) 投げ技</b>		
Hip Throw	O Goshi	大腰
Neck Throw	Kubi Nage	首投
One Arm Shoulder Throw	Ippon Seoi Nage	本背負投
Two Arm Shoulder Throw	Nihon Seoi Nage	二背負投
One Hand Face Throw	Ippon Te Gammen Nage	一顔面手投げ
Two Hand Face Throw	Nihon Te Gammen Nage	二顔面手投げ
Stomach Throw or Circle Throw	Tomoe Nage	巴投
Finger Throw	Yubi Nage	指投
Sweeping Hip Throw	Harai Goshi	払腰
Fireman's Carry Throw	Kata Guruma	肩車
Lapel Throw	Eri Seoi Nage	襟背負投
Ankle Squat	Sasae Tsurikomi Ashi	支釣込足
Forearm Throw	Kote Gaeshi	小手返
Elbow / Shoulder Lock Throw	Shiho Nage	
Closetline	Irimi Nage	
Ankle Throw	Kumi Nage	足首投
Inside Leg Reap	Uchimata	内股
Large Outside Reap	Osoto Gari	大外刈
Outside Leg Stomp	Osoto Otoshi	大外落
Large Inside Reap	Ouchi Gari	大内刈
Front Foot Sweep	Deashi Barai	出足払
Scissors Takedown	Kani Basami	蟹挟
Drop Throw	Sage Nage	
Leg Drop	Sukui Nage	掬投
<b>Dojo Commands 道場命令</b>		
Bow	Rei	礼
Attention	Ki wo tsuke	気を付け
Wait	Matte	待って
Quickly	Hayaku	正確
Turn	Mawatte	回って
Bow to Front	Shomen Ni Rei	正面に、礼
Bow to each other	Otagai Ni Rei	お互いに、礼
Bow to teacher	Sensei Ni Rei	先生に、礼
One More Time	Mo ichi do	もう一度
Line Up	Narande	並んで
Practice, Drill	Renshu	練習
Stop	Yame	止め
Meditation	Mokuso	黙想
Meditation Begins	Mokuso Hajime	黙想始
Meditation Ends	Mokuso Yame	黙想止め
Return to Original Position	Naotte	直って

Sit	Suwari	座り
Rest	Yasume	休め
Kneeling in a sitting position	Seiza	正座
Ready	Yoi	用意
Fighting Position	Kamae	構
Begin	Hajime	始め



<b>Dojo Courtesy 道場礼儀</b>		
Excuse me Good Bye (when departing from someone who is your senior)	Shitsurei Shimasu	失礼します
Excuse me	Gomen Nasai	御免なさい
Excuse Me (as you are passing)	Sumimasen	済みません
Good Morning	Ohayo gozaimasu	おはようございま
Good Afternoon	Konnichiwa	こんにちは
Good Evening	Konban-wa	こんばんは
Good Bye	Sayonara (do not use with a senior)	さようなら
Welcome	Mensore	歓迎
Please (informal)	Dozo	どうぞ
Please (Polite)	Kudasai	ください
Thank you Very Much	Domo Arigato Gozimasu	どうも有り難うござ います
Thank You	Domo Arigato	どうも有り難う
Thanks	Arigato (very informal)	有り難う
Your Welcome	Doita shimashite	どう致しまして
Yes	Hai	はい
No	Iie	いいえ
I understand and will try to do my best	Ous	
I Humbly Request_____ (formal) Please Teach Me	Onegai Shimasu	お願いします
Congratulations	Omedeto Gozaimasu	賀詞
How are you?	Ikaga Desuka	お元気ですか
I am fine	Genki Desu	元気です
And how are you?	Anata wa ikaga desuka	
Permission to begin Please	Hajime Shaste Kudasai	
I Understand	Wakarimasu	判ります
Do You Understand	Wakarimaska	判りますか
I Do Not understand	Wakarimasen	判りません
<b>Ranks and Teaching Titles 貴賤</b>		
Kyu Ranks	Mudansha	無段
Black Belt Ranks	Yudansha	有段者
10 <sup>th</sup> Kyu	Ju-Kyu	十級
9 <sup>th</sup> Kyu	Ku-Kyu	九級
8 <sup>th</sup> Kyu	Hachi-Kyu	八級
7 <sup>th</sup> Kyu	Nana-Kyu	七級
6 <sup>th</sup> Kyu	Roku-Kyu	六級
5 <sup>th</sup> Kyu	Go-Kyu	五級
4 <sup>th</sup> Kyu	Yon-Kyu	四級
3 <sup>rd</sup> Kyu	San-Kyu	三級
2 <sup>nd</sup> Kyu	Ni-Kyu	二級

1 <sup>st</sup> Kyu	Ik-Kyu	一級
Probationary 1 <sup>st</sup> Dan	Shodan-Ho	初段補
1 <sup>st</sup> Dan	Shodan	初段
2 <sup>nd</sup> Dan	Nidan	二段
3 <sup>rd</sup> Dan	Sandan	三段
4 <sup>th</sup> Dan	Yondan	四段
5 <sup>th</sup> Dan	Godan	五段
6 <sup>th</sup> Dan	Rokudan	六段
7 <sup>th</sup> Dan	Nanadan	七段
8 <sup>th</sup> Dan	Hachidan	八段
9 <sup>th</sup> Dan	Kudan	九段
10 <sup>th</sup> Dan	Judan	十段
Senior Student	Senpai	先輩
Junior Student	Kohai	後輩
Teacher	Sensei	先生
Honorary Teaching Title for 4 <sup>th</sup> – 6 <sup>th</sup> Dan	Renshi	錬士
Certified Master Instructor	Shihan	師範
Honorary Teaching Title for 7 <sup>th</sup> – 8 <sup>th</sup> Dan	Kyoshi	教師
Honorary Teaching Title for 9 <sup>th</sup> – 10 <sup>th</sup> Dan	Hanshi	範士
President of an association	Kaicho	会長
Head of a School	Kancho	館長
Genius	Meijin	名人
<b>General Terminology 訳語</b>		
China Hand	Tode	唐手
Empty Hand or Empty Hand Way	Karate or Karate-Do	空手 or 空手道
Basics	Kihon	基本
Fist	Ken	拳
Hand	Te	手
Empty	Kara	空
Internal Energy	Ki	氣
Focus	Kime	決め
Way Of The Warrior	Bushido	武士道
Warrior	Bushi	武士
Martial Way	Budo	武道
Offsetting an Opponents Balance	Kuzushi	崩し
Student	Deshi	弟子
One who practices karate	Karate-ka	空手家
Martial Art	Bugei	武芸
Competition	Shiai	試合
Training Camp	Gasshaku	キャンプ

Interpretation Of Kata	Bunkai	分解
Variations Of Interpretation	Oyo	
Literal Interpretation Of Kata	Henka	
Technique	Waza	技
Sitting Technique	Suwari Waza	座る技
Mutual Strikes	Ai Uchi	相打ち
Belly	Hara	腹
School	Dojo	道場
Belt	Obi	帯
Uniform	Dogi	道着
Jacket	Uwagi	上着
Pants	Zubon	ズボン
Victory	Shouri	勝利
Shout Of Spirit	Kiai	気合
Body Shifting	Tai Sabaki	体捌き
Upper Level	Jodan	上段
Mid Level	Chudan	中段
Low Level	Gedan	下段
Left	Hidari	左
Right	Migi	右
Side	Yoko	横
Back	Ushiro	後
Front	Mae	前
Front of Dojo	Shomen	正面
Attacker	Uke	受け
Defender	Tori	取り
Jump	Tobi	高跳び
Drop	Sage	
Mat	Tatami	畳
Style	Ryu	流
Way	Do	道
Stretching	Taiso	
Certificate	Menkyo	免許
License of Full Proficiency	Menkyo Kaiden	免許皆伝
Society	Kai	会
Association	Kyokai	協会
Headquarters of an Organization	Honbu	本部
Foot or Leg	Ashi	足
Foot or Leg Technique	Ashi Waza	足技
Punch or Thrust	Tsuki	突き
To Study	Renshu	練習
Peer Student	Dohai	

Prearranged (Premise)	Yakosoku	約束
Sparring	Kumite	組手
No thought or Emotion	Mushin	無心
Breaking	Tameshiwari	試割り
Striking Board	Makiwara	巻藁
Striking	Atemi	当身
Strong	Chikara	力
<b><u>Anatomy 解剖学</u></b>		
Face	Kao	顔
Eye	Me	目
Head	Atama	頭
Nose	Hana	鼻
Mouth	Kuchi	口
Shoulder	Kata	肩
Chest	Mune	胸
Back	Seneka	背中
Feet	Ashi	足
Hands	Te	手
Shin	Sune	脛
Jaw	Ago	顎
Ball of the Foot	Chusoku	中足
Instep or Bridge of the Foot	Haisoku	背足
Elbow	Hiji	肘
Hip	Koshi	腰
Heel or Arch of the Foot	Kakato	踵
Ear	Mimi	耳
Knee	Hiza	膝
Wrist	Te Kubi	手首
Foot Heel	Teisoku	底足
Armpit	Waki	脇
Arm	Ude	腕
<b><u>Colors (IRO) 色</u></b>		
Purple	Murasaki	紫
Blue	Aoi	青
Black	Kuroi	黒
Yellow	Kiroi	黄
Green	Midori	緑
Red	Aka	赤
Orange	Orenji	橙
Brown	Chairu	茶
White	Shiro	白
<b><u>Numbers (Banjo) 番号</u></b>		

Zero	Maru	零
One	Ichi	一
Two	Ni	二
Three	San	三
Four	Shi	四
Five	Go	五
Six	Roku	六
Seven	Shichi	七
Eight	Hachi	八
Nine	Ku	九
Ten	Ju	十
Eleven	Ju-ichi	十一
Twelve	Ju-ni	十二
Thirteen	Ju-san	十三
Fourteen	Ju-shi	十四
Fifteen	Ju-go	十五
Sixteen	Ju-roku	十六
Seventeen	Ju-shichi	十七
Eighteen	Ju-hachi	十八
Nineteen	Ju-ku	十九
Twenty	Ni-ju	二十
Twenty One	NiJu-ichi	二十一
Twenty Two	NiJu-ni	二十二
Twenty Three	NiJu-san	二十三
Twenty Four	NiJu-shi	二十四
Twenty Five	NiJu-go	二十五
Twenty Six	NiJu-roku	二十六
Twenty Seven	NiJu-shichi	二十七
Twenty Eight	NiJu-hachi	二十八
Twenty Nine	NiJu-ku	二十九
Thirty	San-ju	三十
Forty	Yon-ju	四十
Fifty	Go-ju	五十
Sixty	Roku-ju	六十
Seventy	Shichi-ju	七十
Eighty	Hachi-ju	八十
Ninety	Kyu-ju	九十
100	Hyaku	百
200	Ni Hyaku	二百
300	San Bayaku	三百
400	Yon Hyaku	四百
500	Go Hyaku	五百

600	Ro Pyaku	六百
700	Nana Hyaku	七百
800	Ha Pyaku	八百
900	Ku Hyaku	九百
1,000	Sen	千
<b><u>Days and Months</u></b>		
Sunday	nichiyōbi	日曜日
Monday	getsuyōbi	月曜日
Tuesday	kayōbi	火曜日
Wednesday	suiyōbi	水曜日
Thursday	mokuyōbi	木曜日
Friday	kin'yōbi	金曜日
Saturday	doyōbi	土曜日
January	ichigatsu	1月
February	nigatsu	2月
March	sangatsu	3月
April	shigatsu	4月
May	gogatsu	5月
June	rokugatsu	6月
July	shichigatsu	7月
August	hachigatsu	8月
September	kugatsu	9月
October	jūgatsu	10月
November	jūichigatsu	11月
December	jūnigatsu	12月
<b><u>Kata 型</u></b>		
Taikiyoku Shodan		大極初段
Fukyugata Ichi		普及型一
Fukyugata Ni		普及型二
Pinan Shodan		ピンアン初段
Pinan Nidan		ピンアン二段
Pinan Sandan		ピンアン三段
Pinan Yondan		ピンアン四段
Pinan Godan		ピンアン五段
Naihanchi Shodan		ナイハンチ初段
Naihanchi Nidan		ナイハンチ二段
Naihanchi Sandan		ナイハンチ三段
Passai Sho		パッサイ小
Passai Dai		パッサイ大
Wansu		ワンス
Ananku		安南空
Seisan		十三
Jion		ジオン

Chinto		チントウ
Kusanku		ク-サンク-
Chatan Yara Kusanku		北谷屋良 ク-サンク-
Sochin		壯鎭
Gojushiho		五十四歩
<b><u>Weapons (Buki) 武器</u></b>		
Long Stick	Bo	棒
Horse Bridle	Nunchaku	ヌンチャク
Truncheon	Sai	釵
Millstone Handle	Tonfa	トゥンファー
Sickle	Kama	鎌
Stick with Truncheon	Nunti Bo	
Brass Knuckles / Horse Stirrups	Tekko	鉄甲
Shield and Spear	Timbei Rochin	ティンベー
Oar	Eaku	エーク

## Pronunciation

### VOWELS

The key to correct pronunciation of Japanese lies in the vowel sounds. There are five and they are always pronounced the same way.

A as in Father

E as in Set

I as in Unique

O as in Go

U as in Rude

### CONSONANTS

Consonants are pronounced the same as in English with the following exceptions:

G is always hard as in Go

R is half way between the English R and T sounding something like L

### LONG VOWELS

Careful attention must be given to the long vowels which have a macron over them like this: Karate-Do. They are pronounced the same only held longer.

### DOUBLE CONSONANTS

Double consonants are both pronounced. An example of this is the word *âtettsuiä* which is pronounced *ätet-tsuïä* with both *tâs* enunciated.

### MUTING

Vowels are frequently muted after a soft consonant. Examples are:

Mokuso---mokâso

Renshi---Renshâ

Desu ka --- desâka

### SOUND

### CHANGES

This is something that always confuses beginning students. The pronunciation of some consonants changes when combining words and when shifting to the combining form of verbs. Some examples of this are:

Keri	---	mai-geri	K	--	G		
Tachi	---	yoi-dachi	S	--	J	or	Z
Kamae(ru)	---	kamae	T	--	D		
Mawasu	---	Mawashi	H	--	B	or	P
Tsu	---	Chi	Su	--	Shi		



## Parts Of The Various Kobudo Weapons



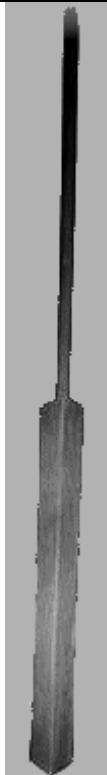
### The parts of the Bō

Moto – Centre or balance point of Bō

Saki – The tip of the Bō

Normally, the Bō is measured at one hand longer than the users height

Additional Information. Bō size for Kobudo Kata Competition, as used by The Okinawa Karate Do and Kobudo World Tournament Executive Committee. The Bō must be made of oak, be six feet (180 cm) long And over 900 grams.



### The parts of the Eku.

Ushiro tsukagashira – Oar butt

Saki – Blade tip

Moto – Oar centre

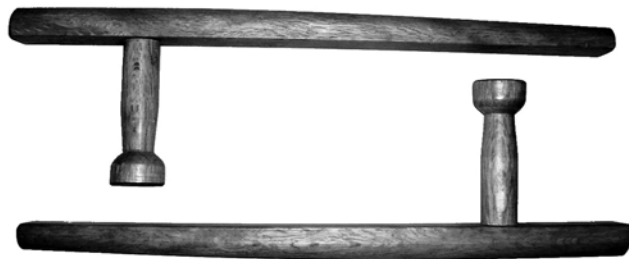
Yoko – Oar blade side

Monouchi – Blade



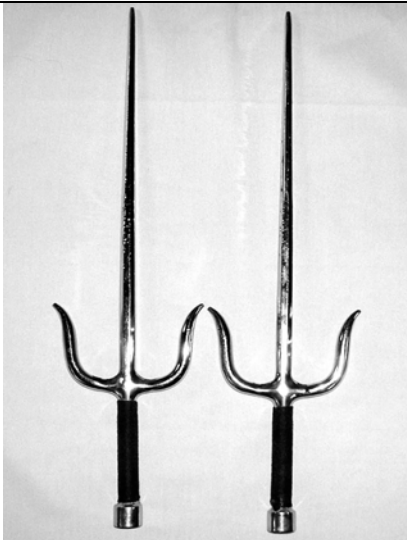
The parts of the Nunchaku.

Gedan tsukagashira – Handle end nearest to the rope  
 Ushiro tsukagashira – Handle end furthest from the rope  
 Moto – Handle centre  
 Himo – Connecting rope



The parts of the Tunfá.

Monouchi – the main part of the Tunfá  
 Gedan tsukagashira – the forward end of the Tunfá above the grip  
 Ushiro tsukagashira – the butt end of the Tunfá  
 Yoko – the sides of the Tunfá  
 Tasui – the underside of the Tunfá  
 Yoko nage – the upper side of the Tunfá  
 Tsuka – the handle grip  
 Tsukagashira – the round top of the grip



The parts of the Sai.

Tsukagashira – Handle butt  
 Tsuka – Handle  
 Yoko – Side guards  
 Tsume – Side guard tip  
 Moto – Centre point between the side guards  
 Monouchi – Blade  
 Saki – Tip of blade



The parts of the Kama.

Ushiro tsukagashira – the butt end of the handle  
 Gedan tsukagashira – Top end of the handle  
 Moto – Handle centre  
 Monouchi – Blade  
 Saki – Blade tip



Parts Of The Nunti Bo

Moto – Centre or balance point of Bó  
 Saki – The tip of the Bó & Blade  
 Yoko – Side guards  
 Tsume – Side guard tip  
 Moto – Centre point between the side guards  
 Monouchi – Blade

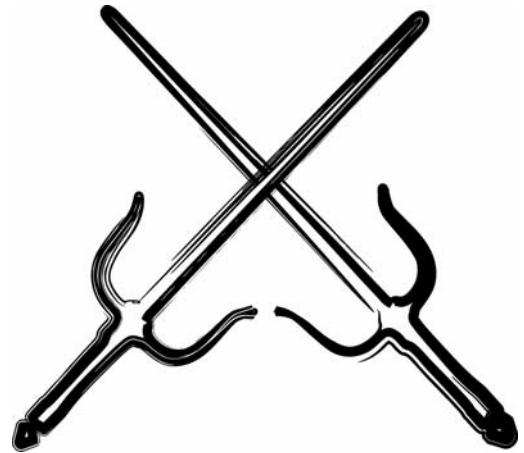


Tekko

## Seijitsu Shin Do Kan Kobudo Kata

<b>Bo</b> Taikiyoku No Kon (Kihon Bo) Fukyugata No Kon Sho (Bo Shodan) Fukyugata No Kon Ni (Bo Nidan) Bo Yondan or Bo Kata No Seijitsu Shin Do Kan Tsuken Bo	<b>Nunchaku</b> Nagamine No Nunchaku Sho
<b>Tonfa</b> Kihon No Tonfa Tonfa Kata No Seijitsu Shin Do Kan	<b>Sai</b> Kihon No Sai Sai Kata No Seijitsu Shin Do Kan Seisan No Sai Kusanku Sai
<b>Kama</b> Kihon No Kama Kama Kata No Seijitsu Shin Do Kan Tozan Toyama No Nichogama	<b>Eaku or Kai</b> Kihon No Eaku Eaku Kata No Seijitsu Shin Do Kan
<b>Nunti Bo</b> Kihon No Nunti Bo Nunti Bo No Seijitsu Shin Do Kan	<b>Tekko</b> Ananku No Tekko Seisan No Tekko

古  
武  
道



## **Wearing the Dogi (Karate Uniform) and Obi (Belt)**

Many times called “Dogi” in Japan the Gi for short is a traditional item in the Martial Arts. It was adapted from traditional Japanese dress so it would be made of lighter material for practicing karate in Japan many years ago. In Korea the gi is called “dobok”, nonetheless still very traditional. Because of its rich history and meaning in the Martial Arts, wearing it and caring for it is truly an honor. So, of course we want you, the student, to know exactly how to care for your gi and wear it properly.

The Jacket (Uwagi) is worn so that the left lapel is folded over the right. This is a very strict tradition. If it is worn opposite that means the person wearing it has passed away. The pants (zubon) are worn like any other pair of pants.

The obi is a piece of cloth cut to hang 6 to 12 inches in length after it has been tied properly. The color signifies your rank standing in the system of karate you are studying, however it is also used to help keep the Uwagi closed and keep your pants up.

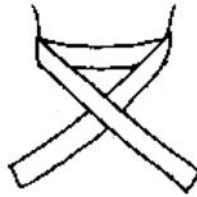
## How to Tie Your Belt (Obi)

1. Start by folding your belt in half and making sure it is perfectly even.
2. Place the center of the belt just below your navel.
3. Wrap once and cross the belt in the back.
4. The end that is in your right hand cross it over your left so you have it like an X.
5. Take the end on the top and tuck it underneath both parts of the belt in front.
6. Take the end coming from the top and cross it over the right.
7. Tuck it through the hole and pull tight.

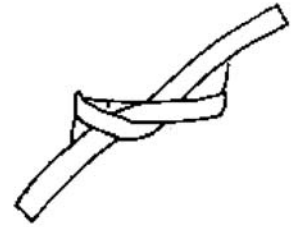
**Step 1**



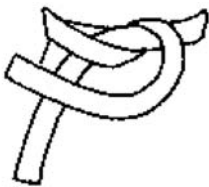
**Step 2**



**Step 3**



**Step 4**



**Step 5**



**Step 6**



## Placement Of Patches

We are very strict about the patches you may wear on your gi. We do not want to use any generic patches, and be like the rest of the crowd. We want to set ourselves apart and follow the traditions of the Martial Arts. Traditionally only one patch was to be worn on the gi and that was the patch of your school or association sometimes both. We are not much different in that fashion.

These are the patches we permit, and where they are to be placed on your gi:

Shorin Ryu - Seijitsu Shin Do Kan Kan Patch or Kanji (Worn on the left breast)  
Academic Achievement

		
 <p style="text-align: center;"><b>沖縄空手道</b> For black belts only To be worn on left sleeve</p>	<p style="text-align: center;"><b>少林流</b></p> <p style="text-align: center;">For kyu grades 7<sup>th</sup> kyu and above</p>	<p style="text-align: center;">少林流 <b>誠 実 心 道 館</b></p> <p style="text-align: center;">For black belts only</p>

## **Folding and Storage of Your Gi**

1. Spread top out so arms are straight out.
2. Fold left flap over right flap.
3. Fold arms in so cuffs point down.
4. Fold in half sideways right to left.
5. Fold in half again.
6. Take pants and fold in half so leg creases are touching.
7. Fold in half sideways right to left.
8. Fold crotch in and put jacket on top of pants.
9. Fold in thirds.
10. Fold belt in half.
11. Put gi in middle of belt.
12. Tie belt.



**Zen Karatedo Kenkyukai**  
**Cleveland, Ohio U.S.A.**  
**Established 2009**

**The time in grade timeline for yudansha is as follows:**

<b>Rank</b>	<b>Minimum Time in Prior Grade</b>	<b>Minimum Age</b>
Shodan	3.0 Years in Kyu Rank	15
Nidan	2.0 Years as a Shodan	17
Sandan	2.0 Years	19
Yondan	3.0 Years	22
Godan	4.0 Years	26
Rokudan	5.0 Years	31
Nanadan	5.0 Years	40
Hachidan	6.0 Years	50
Kudan	7.0 Years	50
Judan	7.0 Years	70

All promotions will be recorded by the association and kept on file forever for proof of promotion for any and all members of the Zen Karatedo Kenkyukai. The records will be kept by year so one would have to know the year they were promoted to receive proof.

Instructor certification will be issued via the Zen Karatedo Kenkyukai.

<b><u>Teaching Titles That May Be Awarded</u></b>
<b>Shihan-Dai, Shihan, Renshi, Kyoshi, Hanshi</b>

## Instructor Certification Program

The Shorin Ryu - Seijitsu Shin Do Kan system requires anyone who wishes to teach on their own to be a certified instructor by the honbu and the Zen KaratedoKenkyukai. All instructor certifications are awarded and processed through the Zen Karatedo Kenkyukai.

Below will show the timeline and the belt that each level may opt to wear. Of course all yudansha have the option of wearing an obi with no markings of rank and only their name and the Seijitsu Shin Do Kan or Zen Karatedo Kenkyukai kanji embroidered on the belt.

全空手道研究会	<u>Sempai</u> Minimum rank: 1 <sup>st</sup> Dan	全空手道研究会	<u>Shihan-Dai</u> Minimum rank: 4 <sup>th</sup> Dan	錬士フィシヤー	全空手道研究会	全空手道研究会	<u>Renshi</u> Minimum rank: 5 <sup>th</sup> Dan
師範フィシヤー	<u>Shihan</u> Minimum Rank: 5 <sup>th</sup> Dan	教士フィシヤー	全空手道研究会	<u>Kyoshi</u> Minimum rank: 7 <sup>th</sup> Dan	藩士バツクリー	全空手道研究会	<u>Hanshi</u> Minimum rank: 9 <sup>th</sup> Dan

## Class Procedure & Method

### ➤ Class Begins On Time

#### Bowing In Procedures

- When Line Up (Narrande) is called everyone will line up in appropriate rank order and stand at attention
- Seiza (Kneel on your right knee while performing putting your left arm in a low block position. Then move to seiza with your hands placed on your knees.
- Moksou (Meditation)
- Moksou Yamae (Meditation Stop)
- Rei (bow)
- Yoi (step up to your left foot left arm down in a low block position, stand up to attention)

#### Warm-Ups (Min: 10mins)

- Neck Stretching (15 Sec Each Side)
- Arm Stretching (15 Sec Each Side)
- Hip Rotation (15 Sec Each Side)

#### Leg Stretches

- Side to Side
- Side Split
- Stretch to each side and Down In Front
- Butterfly Stretch

#### Exercise

- Jumping Jacks (Minimum 25)
- Push Ups (Advanced Ranks do them on their knuckles)
- Crunches (not sit ups) (minimum 30 for older group) (10 – 15 for Mighty Mites)
- Additional Ab Work (optional)

#### Ukemi

- 2 Forward Rolls
- 1 Roll & Front Fall (Mae Ukemi) (Green Belts Must do it standing)
- 1 Roll & Back Fall (Ushiro Ukemi) (Blue Belts Must do it standing)
- 1 Roll & Side Fall (Yoko Ukemi) (advanced ranks must do variations)

#### Line Drill (Kihon Practice) (Can be done using heavy bags or Makiwara) (Minimum is listed, advanced ranks should cover more material)

- Strike (Choku Tsuki / Ippon Seiken)
- Knifehand (Shuto Uchi)
- Hammer Hand (Kentetsui Uchi)
- Hand Heal (Teisho Uchi)
- Spear Hand (Nukite Uchi)
- Front Snap Kick (Mae Geri Keage)
- Side Snap Kick (Yoko Geri Keage)
- Back Kick (Ushiro Geri)
- High Level Block (Jodan Uke)
- Mid Level Block (Chudan Uke)
- Inside Block (Chudan Uchi Uke)
- Outside Block (Soto Uke)
- Low Block (Gedan Uke)
- Additional Material is optional based on rank attending in class

- Kata or Self Defense Practice based on what is needed at that class

Break halfway through class (if class is doing well only)

Go back to practice on material being practiced before the break or switch it to the opposite.

- Be sure to check students progress.

- **Class ends on time**

### **Bowing Out Procedures**

- **When Line Up (Narandé) is called everyone will line up in appropriate rank order and stand at attention**
- **Seiza (Kneel on your right knee while performing putting your left arm in a low block position. Then move to seiza with your hands placed on your knees.**
- **Moksou (Meditation)**
- **Moksou Yamae (Meditation Stop)**
- **Rei (bow)**
- **Yoi (step up to your left foot left arm down in a low block position, stand up to attention)**
- **Students Say: Domo Ari Gato gozaimasu (Thank You very Much)**
- **Sensei Says: Doita Shitmarshita (your welcome)**
- **Rei (Bow)**

## Testing Protocols and Requirements

1. The students must behave in a serious and disciplined manner throughout testing.
2. Be prepared on day of the testing.
3. All portions of the test must be performed at a level of rank consistent or better than for the rank being tested.
4. Before the test, students must complete four requirements;
  - a) Have a complete knowledge of the material for which they will be tested
  - b) Complete any required assignments (such as writing a paper)
5. All striking and blocking techniques must be presented in two ways;
  - a. In an assigned stance, using both sides; and
  - b. During the execution of the self-defense portion of the test.

All self-defense techniques must be presented from a statement of the uke's attack

(e.g.: show me two (2) headlock techniques).

In the case of the student have a learning issue of some sort we require a IEP or 504 plan before concessions will be made for that student. If they have a medical issue documentation may be required for proof.

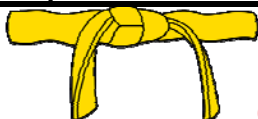
### Testing Fees and Scheduled Testing

<u>Belt Color and Kyu Number</u>	<u>Fee for Test</u>	<u>Fee Covers Cost For</u>
Yellow (Ku Kyu)	\$ 20.00	Belt and Certificate
Orange (Hachi Kyu)	\$ 20.00	Belt and Certificate
Green w/ White Stripe (Shichi Kyu)	\$ 20.00	Belt and Certificate
Green (Rok Kyu)	\$ 20.00	Belt and Certificate
Blue w/ White Stripe (Go Kyu)	\$ 25.00	Belt and Certificate
Blue (Yon-Kyu)	\$ 25.00	Belt and Certificate
Brown (San Kyu)	\$ 25.00	Belt and Certificate
Brown (Ni Kyu)	\$ 25.00	Belt and Certificate
Brown (Ik Kyu)	\$ 25.00	Belt and Certificate
Black (Shodan) or Shodan-Ho	\$200.00	Embroidered Belt and Certificate
Nidan	\$ 50.00	Certificate
Sandan	\$ 50.00	Certificate
Yondan	\$ 75.00	Certificate
Godan	\$ 75.00	Certificate

Kyu rank testing will take place once a month and dan rank testing will take place as needed.

"A punch should stay like a treasure in the sleeve. It should not be used indiscriminately."~ Chotoku Kyan, Okinawa –Te

**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (9<sup>th</sup> Kyu)**

**Kihon Waza (Basic Techniques)**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			<b>Punch (Chudan Tsuki)</b>
			<b>Knifehand Strike (Shuto Uchi)</b>
			<b>Palm Heel Strike (Shotei Uchi)</b>
			<b>Hammer Fist Strike (Kentsui Uchi)</b>
<b>Geru Waza (Kicking Techniques)</b>			
			<b>Front Kick (Mae Geri)</b>
			<b>Side Kick (Yoko Geri)</b>
			<b>Back Kick (Ushiro Geri)</b>
<b>Uke Waza (Blocking Techniques)</b>			
			<b>High Block (Jodan Uke)</b>
			<b>Low Block (Gedan Uke)</b>
			<b>Mid Level Block (Chudan Uke)</b>
<b>Dachi Waza (Stances)</b>			
			<b>Natural Stance (Shizentai Dachi)</b>
			<b>Straddle Stance (Kiba Dachi or Jigotai Dachi)</b>
			<b>Horse Stance (Naihanchi Dachi)</b>
			<b>Forward Stance (Zenkutsu Dachi)</b>
			<b>Fighting Stance (Kamae Dachi)</b>
			<b>Ready Stance (Yoi Dachi or Fudo Dachi)</b>
			<b>Closed Foot Stance (Heisoku Dachi)</b>
			<b>Open Foot Stance (Musubi Dachi)</b>
<b>Section Total</b>			<b>/18</b>
<b>Kata (5 points ea)</b>			
			<b>Taikiyoku Shodan</b>
<b>Section Total</b>			<b>/5</b>
<b>Kata Bunkai (5 points ea)</b>			
			<b>Taikiyoku Shodan</b>
<b>Section Total</b>			<b>/5</b>
<b>Self Defense (2 Techniques per attack)</b>			
			<b>Wrist Grab</b>
			<b>1H Lapel Grab</b>
			<b>2H Lapel Grab</b>
			<b>Front 1H Hair Pull</b>
			<b>Front 1H Shoulder Grab</b>
			<b>Front 1H Choke</b>
			<b>Front 2H Choke</b>
<b>Section Total</b>			<b>/14</b>

<u>Yakusoku Kumite</u>			
Pass	1/2	0	
			Yakusoku Ichi
<b>Section Total</b>		<b>/1</b>	
<u>Ukemi</u>			
			Forward Roll
			Front Fall (Mae Ukemi)
			Back Fall (Ushiro Ukemi)
			Side Fall (Yoku Ukemi)
<b>Section Total</b>		<b>/4</b>	
<u>Other</u>			
			Sensei Fishers Challenge
			Terminology
			Count to 10 in Japanese
<b>Section Total</b>		<b>/3</b>	
<b>Total Score</b>		<b>/50</b>	<b>Percentage</b>
<b>Passed:</b>		<b>Yes</b>	<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			



**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (8<sup>th</sup> Kyu)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)

**Geru Waza (Kicking Techniques)**

			Front Kick (Mae Geri)
			Side Kick (Yoko Geri)
			Back Kick (Ushiro Geri)

**Uke Waza (Blocking Techniques)**

			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)

**Dachi Waza (Stances)**

			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)
			Horse Stance (Naihanchi Dachi)
			Forward Stance (Zenkutsu Dachi)
			Back Stance (Kokutsu Dachi)
			Fighting Stance (Kamae Dachi)
			Ready Stance (Yoi Dachi or Fudo Dachi)
			Closed Foot Stance (Heisoku Dachi)
			Open Foot Stance (Musubi Dachi)

**Section Total** /22

**Kata (5 points ea)**

			Taikiyoku Shodan
			Fukyugata Ichi

**Section Total** /10

**Kata Bunkai (5 points ea)**

			Taikiyoku Shodan
			Fukyugata Ichi

**Section Total** /10

**Self Defense (2 Techniques per attack)**

			Wrist Grab
			1H Lapel Grab
			2H Lapel Grab

Pass	1/2	0	
			Front 1H Hair Pull
			Front 1H Shoulder Grab
			Front 1H Choke
			Front 2H Choke
			Straight Punch To Face
			Straight Punch To Chest
			Straight Punch to Stomach or Groin
<b>Section Total</b>		<b>/22</b>	
<b><u>Kyusho Jutsu (Pressure Points)</u></b>			
			5 pressure points
<b>Section Total</b>		<b>/5</b>	
<b><u>Yakusoku Kumite</u></b>			
			Yakusoku Ichi
			Yakusoku Ni
<b>Section Total</b>		<b>/2</b>	
<b><u>Ukemi</u></b>			
			Forward Roll
			Front Fall (Mae Ukemi)
			Back Fall (Ushiro Ukemi)
			Side Fall (Yoku Ukemi)
<b>Section Total</b>		<b>/4</b>	
<b><u>Other</u></b>			
			Sensei Fishers Challenge
			What Does Karate Mean?
			Terminology
			Count to 10 in Japanese
<b>Section Total</b>		<b>/4</b>	
<b>Total Score</b>		<b>/78</b>	<b>Percentage</b>
<b>Passed:</b>		<b>Yes</b>	<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			

**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (7<sup>th</sup> Kyu)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)
			Circular Block Punch Combo (Tomoe Tsuki)
			Spearhand (Nukite)
			Knifehand Strike to the Chest (Kyobu Shuto Uchi)
			Upward Elbow Smash (Tate Hiji Ate)

**Geri Waza (Kicking Techniques)**

			Front Kick (Mae Geri)
			Side Kick (Yoko Geri)
			Back Kick (Ushiro Geri)

**Uke Waza (Blocking Techniques)**

			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)
			Low Sweeping Block (Gedan Barai Uke)
			Knifehand Block (Shuto Uke)
			Augmented Mid Level Block (Chudan Morote Uke)

**Dachi Waza (Stances)**

			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)
			Horse Stance (Naihanchi Dachi)
			Forward Stance (Zenkutsu Dachi)
			Back Stance (Kokutsu Dachi)
			Fighting Stance (Kamae Dachi)
			Ready Stance (Yoi Dachi or Fudo Dachi)
			Closed Foot Stance (Heisoku Dachi)
			Open Foot Stance (Musubi Dachi)
			Cat Stance (Neko Ashi Dachi)

**Section Total**

/31

**Kata (5 points ea)**

			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan

**Section Total**

/20

<b><u>Kata Bunkai (5 points ea)</u></b>			
<b>Pass</b>	<b>1/2</b>	<b>0</b>	
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
<b>Section Total</b>			<b>/20</b>
<b><u>Self Defense (2 Techniques per attack)</u></b>			
			Wrist Grab
			1H Lapel Grab
			2H Lapel Grab
			Front 1H Hair Pull
			Rear 1H Hair Pull
			Front 1H Shoulder Grab
			Rear 1H Shoulder Grab
			Front 1H Choke
			Rear 1H Choke
			Front 2H Choke
			Straight Punch To Face
			Straight Punch To Chest
			Straight Punch to Stomach or Groin
			Kick to the face
			Kick to the chest
			Kick to the Stomach or groin
<b>Section Total</b>			<b>/32</b>
<b><u>Kyusho Jutsu (Pressure Points)</u></b>			
			8 pressure points
<b>Section Total</b>			<b>/8</b>
<b><u>Yakusoku Kumite</u></b>			
			Yakusoku Ichi
			Yakusoku Ni
			Yakusoku San
<b>Section Total</b>			<b>/3</b>
<b><u>Kumite</u></b>			
			Jiyu Kumite
<b>Section Total</b>			<b>/1</b>
<b><u>Ukemi</u></b>			
			Forward Roll
			Front Fall (Mae Ukemi)
			Back Fall (Ushiro Ukemi)
			Side Fall (Yoku Ukemi)
<b>Section Total</b>			<b>/4</b>

<u>Other</u>			
<b>Pass</b>	$\frac{1}{2}$	<b>0</b>	
			<b>Sensei Fishers Challenge</b>
			<b>Where did karate come from?</b>
			<b>Terminology</b>
			<b>Count to 10 in Japanese</b>
<b>Section Total</b>	<b>/4</b>		
<b>Total Score</b>	<b>/120</b>		<b>Percentage</b>
<b>Passed:</b>	<b>Yes</b>		<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			

**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (6<sup>th</sup> Kyu)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)
			Circular Block Punch Combo (Tomoe Tsuki)
			Spearhand (Nukite)
			Knifehand Strike to the Chest (Kyobu Shuto Uchi)
			Upward Elbow Smash (Tate Hiji Ate)
			Chasing Punch (Oi-Tsuki)
			Square Punch (Kaku Tsuki)
<b><u>Geri Waza (Kicking Techniques)</u></b>			
			Front Kick (Mae Geri)
			Side Kick (Yoko Geri)
			Back Kick (Ushiro Geri)
			Roundhouse Kick (Mawashi Geri)
<b><u>Uke Waza (Blocking Techniques)</u></b>			
			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)
			Low Sweeping Block (Gedan Barai Uke)
			Knifehand Block (Shuto Uke)
			Augmented Mid Level Block (Chudan Morote Uke)
			Low Knifehand Block (Gedan Shuto Uke)
			Palm Heel Block (Shotei Uke)
<b><u>Dachi Waza (Stances)</u></b>			
			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)
			Horse Stance (Naihanchi Dachi)
			Forward Stance (Zenkutsu Dachi)
			Back Stance (Kokutsu Dachi)
			Fighting Stance (Kamae Dachi)
			Ready Stance (Yoi Dachi or Fudo Dachi)
			Closed Foot Stance (Heisoku Dachi)
			Open Foot Stance (Musubi Dachi)
			Cat Stance (Neko Ashi Dachi)
			Crossed Leg Stance (Kosa dachi)
<b>Section Total</b>			<b>/37</b>

<u>Kata (5 points ea)</u>			
Pass	1/2	0	
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
Section Total		/30	
<u>Kata Bunkai (5 points ea)</u>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
Section Total		/30	
<u>Self Defense (2 Techniques per attack)</u>			
			Wrist Grab
			1H Lapel Grab
			2H Lapel Grab
			Front 2H Hair Pull
			Rear 2H Hair Pull
			Front 2H Shoulder Grab
			Rear 2H Shoulder Grab
			Front 2H Choke
			Rear 2H Choke
			Straight Punch To Face
			Straight Punch To Chest
			Straight Punch to Stomach or Groin
			Kick to the face
			Kick to the chest
			Kick to the Stomach or groin
Section Total		/32	
<u>Kyusho Jutsu (Pressure Points)</u>			
			8 pressure points
Section Total		/8	
<u>Yakusoku Kumite</u>			
			Yakusoku Ichi
			Yakusoku Ni
			Yakusoku San
			Yakusoku Yon
Section Total		/4	

<u>Kumite</u>			
Pass	1/2	0	
			<b>Jiyu Kumite</b>
<b>Section Total</b>		<b>/1</b>	
<u>Ukemi</u>			
			<b>Forward Roll</b>
			<b>Front Fall (Mae Ukemi)</b>
			<b>Back Fall (Ushiro Ukemi)</b>
			<b>Side Fall (Yoku Ukemi)</b>
<b>Section Total</b>		<b>/4</b>	
<u>Other</u>			
			<b>Sensei Fishers Challenge</b>
			<b>What does Shorin Ryu mean?</b>
			<b>Terminology</b>
			<b>Count to 15 in Japanese</b>
<b>Section Total</b>		<b>/4</b>	
<b>Total Score</b>		<b>/150</b>	<b>Percentage</b>
<b>Passed:</b>		<b>Yes</b>	<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			



**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (5<sup>th</sup> Kyu)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)
			Circular Block Punch Combo (Tomoe Tsuki)
			Spearhand (Nukite)
			Knifehand Strike to the Chest (Kyobu Shuto Uchi)
			Upward Elbow Smash (Tate Hiji Ate)
			Chasing Punch (Oi-Tsuki)
			Square Punch (Kaku Tsuki)
			Backfist (Uraken)

**Geri Waza (Kicking Techniques)**

			Front Kick (Mae Geri)
			Side Kick (Yoko Geri)
			Back Kick (Ushiro Geri)
			Roundhouse Kick (Mawashi Geri)
			Spinning Back Kick (Mawari Ushiro Geri)

**Uke Waza (Blocking Techniques)**

			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)
			Low Sweeping Block (Gedan Barai Uke)
			Knifehand Block (Shuto Uke)
			Augmented Mid Level Block (Chudan Morote Uke)
			Low Knifehand Block (Gedan Shuto Uke)
			Palm Heel Block (Shotei Uke)
			Chudan / Gedan Augmented Block (Morote Barai Uke)
			Outside Block (palm facing out (Chudan Soto Mawashi Uke)
			Elbow Block (Hiji Uke)

**Dachi Waza (Stances)**

			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)
			Horse Stance (Naihanchi Dachi)
			Forward Stance (Zenkutsu Dachi)
			Back Stance (Kokutsu Dachi)
			Fighting Stance (Kamae Dachi)
			Ready Stance (Yoi Dachi or Fudo Dachi)

Pass	1/2	0	
			Closed Foot Stance (Heisoku Dachi)
			Open Foot Stance (Musubi Dachi)
			Cat Stance (Neko Ashi Dachi)
			Crossed Leg Stance (Kosa dachi)
Section Total			/42
<b><u>Kata (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan
Section Total			/40
<b><u>Kata Bunkai (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan
Section Total			/40
<b><u>Self Defense (5 Techniques per attack)</u></b>			
			Wrist Grab
			Lapel Grabs (1 & 2 hand)
			Hair Pulls (all sides)
			Shoulder Grabs (all sides)
			Chokes
			Straight Punch (any target)
			Kick (Any Target or Kick)
Section Total			/35
<b><u>Kyusho Jutsu (Pressure Points)</u></b>			
			8 pressure points
Section Total			/8
<b><u>Yakusoku Kumite</u></b>			
			Yakusoku Ichi
			Yakusoku Ni
			Yakusoku San
			Yakusoku Yon
			Yakusoku Go
Section Total			/5

<u>Kumite</u>			
Pass	1/2	0	
			Jiyu Kumite
			Sanbon Kumite
<b>Section Total</b>		/2	
<u>Ukemi</u>			
			Forward Roll
			Front Fall (Mae Ukemi)
			Back Fall (Ushiro Ukemi)
			Side Fall (Yoku Ukemi)
<b>Section Total</b>		/4	
<u>Other</u>			
			Sensei Fishers Challenge
			Who was the first person known in our lineage and who was he taught by?
			Terminology
			Count to 15 in Japanese
<b>Section Total</b>		/4	
<b>Total Score</b>		/180	<b>Percentage</b>
<b>Passed:</b>		<b>Yes</b>	<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			

**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (4<sup>th</sup> Kyu)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)
			Circular Block Punch Combo (Tomoe Tsuki)
			Spearhand (Nukite)
			Knifehand Strike to the Chest (Kyobu Shuto Uchi)
			Upward Elbow Smash (Tate Hiji Ate)
			Chasing Punch (Oi-Tsuki)
			Square Punch (Kaku Tsuki)
			Backfist (Uraken)

**Geri Waza (Kicking Techniques)**

			Front Kick (Mae Geri)
			Side Kick (Yoko Geri)
			Back Kick (Ushiro Geri)
			Roundhouse Kick (Mawashi Geri)
			Spinning Back Kick (Mawari Ushiro Geri)
			Knee Smash (Hiza Ate)

**Uke Waza (Blocking Techniques)**

			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)
			Low Sweeping Block (Gedan Barai Uke)
			Knifehand Block (Shuto Uke)
			Augmented Mid Level Block (Chudan Morote Uke)
			Low Knifehand Block (Gedan Shuto Uke)
			Palm Heel Block (Shotei Uke)
			Chudan / Gedan Augmented Block (Morote Barai Uke)
			Outside Block (palm facing out (Chudan Soto Mawashi Uke)
			Elbow Block (Hiji Uke)
			Removing Block (Hazushi Uke)
			Low X (cross) block (Gedan Kosa Uke or Gedan juji Uke)
			High Knife Hand Block (Jodan Shuto Uchi Uke)
			Mid Level Outside Block (Chudan Soto Uke)

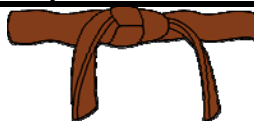
**Dachi Waza (Stances)**

			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)

<b>Pass</b>	$\frac{1}{2}$	<b>0</b>	
			<b>Horse Stance (Naihanchi Dachi)</b>
			<b>Forward Stance (Zenkutsu Dachi)</b>
			<b>Back Stance (Kokutsu Dachi)</b>
			<b>Fighting Stance (Kamae Dachi)</b>
			<b>Ready Stance (Yoi Dachi or Fudo Dachi)</b>
			<b>T Foot Stance (Tiji Dachi)</b>
			<b>Closed Foot Stance (Heisoku Dachi)</b>
			<b>Open Foot Stance (Musubi Dachi)</b>
			<b>Cat Stance (Neko Ashi Dachi)</b>
			<b>Crossed Leg Stance (Kosa dachi)</b>
<b>Section Total</b>			<b>/48</b>
<b><u>Kata (5 points ea)</u></b>			
			<b>Taikiyoku Shodan</b>
			<b>Fukyugata Ichi</b>
			<b>Fukyugata Ni</b>
			<b>Pinan Shodan</b>
			<b>Pinan Nidan</b>
			<b>Wansu</b>
			<b>Pinan Sandan</b>
			<b>Naihanchi Shodan</b>
			<b>Pinan Yondan</b>
			<b>Naihanchi Nidan</b>
<b>Section Total</b>			<b>/50</b>
<b><u>Kata Bunkai (5 points ea)</u></b>			
			<b>Taikiyoku Shodan</b>
			<b>Fukyugata Ichi</b>
			<b>Fukyugata Ni</b>
			<b>Pinan Shodan</b>
			<b>Pinan Nidan</b>
			<b>Wansu</b>
			<b>Pinan Sandan</b>
			<b>Naihanchi Shodan</b>
			<b>Pinan Yondan</b>
			<b>Naihanchi Nidan</b>
<b>Section Total</b>			<b>/50</b>
<b><u>Self Defense (5 Techniques per attack)</u></b>			
			<b>Wrist Grab</b>
			<b>Lapel Grabs (1 &amp; 2 hand)</b>
			<b>Hair Pulls (all sides)</b>
			<b>Shoulder Grabs (all sides)</b>
			<b>Chokes</b>
			<b>Straight Punch (any target)</b>
			<b>Kick (Any Target or Kick)</b>

<u>Throws &amp; Sweeps</u>			
Pass	1/2	0	
			Osoto Gari
			Hip Throw (O goshi)
Section Total		/37	
<u>Kyusho Jutsu (Pressure Points)</u>			
			10 pressure points
Section Total		/10	
<u>Yakusoku Kumite</u>			
			Yakusoku Ichi
			Yakusoku Ni
			Yakusoku San
			Yakusoku Yon
			Yakusoku Go
			Yakusoku Roku
Section Total		/6	
<u>Kumite</u>			
			Jiyu Kumite
			Sanbon Kumite
Section Total		/2	
<u>Ukemi</u>			
			Forward Roll
			Front Fall (Mae Ukemi)
			Back Fall (Ushiro Ukemi)
			Side Fall (Yoku Ukemi)
Section Total		/4	
<u>Other</u>			
			Sensei Fishers Challenge
			What was karate originally called?
			Terminology
			Count to 20 in Japanese
Section Total		/4	
Total Score		/180	Percentage
Passed:		Yes	No
Signature of Tester			
Renshi Fisher			

**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (3<sup>rd</sup> Kyu)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Mid Level Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)
			Circular Block Punch Combo (Tomoe Tsuki)
			Spearhand (Nukite)
			Knifehand Strike to the Chest (Kyobu Shuto Uchi)
			Upward Elbow Smash (Tate Hiji Ate)
			Chasing Punch (Oi-Tsuki)
			Square Punch (Kaku Tsuki)
			Backfist (Uraken)
			Ridgehand Strike (Haito Uchi)
			2 finger Spear Hand (Nihon Nukite)
			1 Finger Spear Hand (Ippon Nukite)
			Beak Thrust (Shi Tsuki)
			Augmented Side Punch (Morote Tsuki)
<b>Geru Waza (Kicking Techniques)</b>			
			Front Kick (Mae Geri)
			Side Kick (Yoko Geri)
			Back Kick (Ushiro Geri)
			Roundhouse Kick (Mawashi Geri)
			Spinning Back Kick (Mawari Ushiro Geri)
			Knee Smash (Hiza Ate)
<b>Uke Waza (Blocking Techniques)</b>			
			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)
			Low Sweeping Block (Gedan Barai Uke)
			Knifehand Block (Shuto Uke)
			Augmented Mid Level Block (Chudan Morote Uke)
			Low Knifehand Block (Gedan Shuto Uke)
			Palm Heel Block (Shotei Uke)
			Chudan / Gedan Augmented Block (Morote Barai Uke)
			Outside Block (palm facing out (Chudan Soto Mawashi Uke)
			Elbow Block (Hiji Uke)
			Removing Block (Hazushi Uke)
			Low X (cross) block (Gedan Kosa Uke or Gedan juji Uke)

Pass	1/2	0	
			High Knife Hand Block (Jodan Shuto Uchi Uke)
			Mid Level Outside Block (Chudan Soto Uke)
			Dropping Block (Otoshi Uke)
			Supported Forearm Block (Sasae Uke)
			Winding Knifehand Block (Makite Uke)
			Searching Hand Block (Sagurite Uke)
			High X (cross) Block Jodan Kosa Uke or Jodan Juji Uke)
<b><u>Dachi Waza (Stances)</u></b>			
			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)
			Horse Stance (Naihanchi Dachi)
			Forward Stance (Zenkutsu Dachi)
			Back Stance (Kokutsu Dachi)
			Fighting Stance (Kamae Dachi)
			Ready Stance (Yoi Dachi or Fudo Dachi)
			T Foot Stance (Tiji Dachi)
			Closed Foot Stance (Heisoku Dachi)
			Open Foot Stance (Musubi Dachi)
			Cat Stance (Neko Ashi Dachi)
			Crossed Leg Stance (Kosa dachi)
<b>Section Total</b>			<b>/58</b>
<b><u>Kata (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan
			Pinan Yondan
			Naihanchi Nidan
			Pinan Godan
			Passai Sho
<b>Section Total</b>			<b>/60</b>
<b><u>Kata Bunkai (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan
			Pinan Yondan
			Naihanchi Nidan



Pass	1/2	0	
			Pinan Godan
			Passai Sho
<b><u>Self Defense (6 Techniques per attack)</u></b>			
			Wrist Grab
			Lapel Grabs (1 & 2 hand)
			Hair Pulls (all sides)
			Shoulder Grabs (all sides)
			Chokes
			Straight Punch (any target)
			Kick (Any Target or Kick)
			Defenses against a club or bat (2)
<b><u>Throws &amp; Sweeps</u></b>			
			Osoto Gari
			Hip Throw (O goshi)
			Lapel throw (Eri Seoi Nage)
<b>Section Total</b>			/47
<b><u>Kyusho Jutsu (Pressure Points)</u></b>			
			10 pressure points
<b>Section Total</b>			/10
<b><u>Yakusoku Kumite</u></b>			
			Yakusoku Ichi
			Yakusoku Ni
			Yakusoku San
			Yakusoku Yon
			Yakusoku Go
			Yakusoku Roku
<b>Section Total</b>			/6
<b><u>Kumite</u></b>			
			Jiyu Kumite
			Sanbon Kumite
<b>Section Total</b>			/2
<b><u>Ukemi</u></b>			
			Forward Roll
			Front Fall (Mae Ukemi)
			Back Fall (Ushiro Ukemi)
			Side Fall (Yoko Ukemi)
<b>Section Total</b>			/4

<u>Other</u>			
<b>Pass</b>	$\frac{1}{2}$	<b>0</b>	
			<b>Sensei Fishers Challenge</b>
			<b>Why did the Okinawan's create karate?</b>
			<b>Terminology</b>
			<b>Count to 20 in Japanese</b>
<b>Section Total</b>	<b>/4</b>		
<b>Total Score</b>	<b>/251</b>		<b>Percentage</b>
<b>Passed:</b>	<b>Yes</b>		<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			

**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (2<sup>nd</sup> Kyu)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Mid Level Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)
			Circular Block Punch Combo (Tomoe Tsuki)
			Spearhand (Nukite)
			Knifehand Strike to the Chest (Kyobu Shuto Uchi)
			Upward Elbow Smash (Tate Hiji Ate)
			Chasing Punch (Oi-Tsuki)
			Square Punch (Kaku Tsuki)
			Backfist (Uraken)
			Ridgehand Strike (Haito Uchi)
			2 finger Spear Hand (Nihon Nukite)
			1 Finger Spear Hand (Ippon Nukite)
			Beak Thrust (Shi Tsuki)
			Augmented Side Punch (Morote Tsuki)
<b>Geru Waza (Kicking Techniques)</b>			
			Front Kick (Mae Geri)
			Side Kick (Yoko Geri)
			Back Kick (Ushiro Geri)
			Roundhouse Kick (Mawashi Geri)
			Spinning Back Kick (Mawari Ushiro Geri)
			Knee Smash (Hiza Ate)
<b>Uke Waza (Blocking Techniques)</b>			
			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)
			Low Sweeping Block (Gedan Barai Uke)
			Knifehand Block (Shuto Uke)
			Augmented Mid Level Block (Chudan Morote Uke)
			Low Knifehand Block (Gedan Shuto Uke)
			Palm Heel Block (Shotei Uke)
			Chudan / Gedan Augmented Block (Morote Barai Uke)
			Outside Block (palm facing out (Chudan Soto Mawashi Uke)
			Elbow Block (Hiji Uke)
			Removing Block (Hazushi Uke)
			Low X (cross) block (Gedan Kosa Uke or Gedan juji Uke)

Pass	1/2	0	
			High Knife Hand Block (Jodan Shuto Uchi Uke)
			Mid Level Outside Block (Chudan Soto Uke)
			Dropping Block (Otoshi Uke)
			Supported Forearm Block (Sasae Uke)
			Winding Knifehand Block (Makite Uke)
			Searching Hand Block (Sagurite Uke)
			High X (cross) Block Jodan Kosa Uke or Jodan Juji Uke)
<b><u>Dachi Waza (Stances)</u></b>			
			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)
			Horse Stance (Naihanchi Dachi)
			Forward Stance (Zenkutsu Dachi)
			Back Stance (Kokutsu Dachi)
			Fighting Stance (Kamae Dachi)
			Ready Stance (Yoi Dachi or Fudo Dachi)
			T Foot Stance (Tiji Dachi)
			Closed Foot Stance (Heisoku Dachi)
			Open Foot Stance (Musubi Dachi)
			Cat Stance (Neko Ashi Dachi)
			Crossed Leg Stance (Kosa dachi)
<b>Section Total</b>			<b>/58</b>
<b><u>Kata (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan
			Pinan Yondan
			Naihanchi Nidan
			Pinan Godan
			Passai Sho
			Ananku
			Tsuken Bo
<b>Section Total</b>			<b>/70</b>
<b><u>Kata Bunkai (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan

Pass	1/2	0	
			Pinan Yondan
			Naihanchi Nidan
			Pinan Godan
			Passai Sho
			Ananku
			Tsuken Bo
Section Total			/70
<b><u>Self Defense (6 Techniques per attack)</u></b>			
			Wrist Grab
			Lapel Grabs (1 & 2 hand)
			Hair Pulls (all sides)
			Shoulder Grabs (all sides)
			Chokes
			Straight Punch (any target)
			Kick (Any Target or Kick)
			Defenses against a club or bat (2)
			Defenses Against A Knife (2)
<b><u>Throws &amp; Sweeps</u></b>			
			Osoto Gari
			Hip Throw (O goshi)
			Lapel throw (Eri Seoi Nage)
			1 Arm Shoulder Throw (Ippon Seoi Nage)
			2 Arm Shoulder Throw (Nihon Seoi Nage)
Section Total			/51
<b><u>Kyusho Jutsu (Pressure Points)</u></b>			
			10 pressure points
Section Total			/10
<b><u>Yakusoku Kumite</u></b>			
			Yakusoku Ichi
			Yakusoku Ni
			Yakusoku San
			Yakusoku Yon
			Yakusoku Go
			Yakusoku Roku
Section Total			/6
<b><u>Kumite</u></b>			
			Jiyu Kumite
			Sanbon Kumite
Section Total			/2
<b><u>Ukemi</u></b>			
			Forward Roll
			Front Fall (Mae Ukemi)
			Back Fall (Ushiro Ukemi)
			Side Fall (Yoku Ukemi)
Section Total			/4

<u>Other</u>			
<b>Pass</b>	$\frac{1}{2}$	<b>0</b>	
			<b>Sensei Fishers Challenge</b>
			<b>What is the lineage of Shorin ryu?</b>
			<b>Terminology</b>
			<b>Count to 20 in Japanese</b>
<b>Section Total</b>	<b>/4</b>		
<b>Total Score</b>	<b>/275</b>		<b>Percentage</b>
<b>Passed:</b>	<b>Yes</b>		<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			

**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (1<sup>st</sup> Kyu)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Mid Level Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)
			Circular Block Punch Combo (Tomoe Tsuki)
			Spearhand (Nukite)
			Knifehand Strike to the Chest (Kyobu Shuto Uchi)
			Upward Elbow Smash (Tate Hiji Ate)
			Chasing Punch (Oi-Tsuki)
			Square Punch (Kaku Tsuki)
			Backfist (Uraken)
			Ridgehand Strike (Haito Uchi)
			2 finger Spear Hand (Nihon Nukite)
			1 Finger Spear Hand (Ippon Nukite)
			Beak Thrust (Shi Tsuki)
			Augmented Side Punch (Morote Tsuki)
<b>Geru Waza (Kicking Techniques)</b>			
			Front Kick (Mae Geri)
			Side Kick (Yoko Geri)
			Back Kick (Ushiro Geri)
			Roundhouse Kick (Mawashi Geri)
			Spinning Back Kick (Mawari Ushiro Geri)
			Knee Smash (Hiza Ate)
<b>Uke Waza (Blocking Techniques)</b>			
			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)
			Low Sweeping Block (Gedan Barai Uke)
			Knifehand Block (Shuto Uke)
			Augmented Mid Level Block (Chudan Morote Uke)
			Low Knifehand Block (Gedan Shuto Uke)
			Palm Heel Block (Shotei Uke)
			Chudan / Gedan Augmented Block (Morote Barai Uke)
			Outside Block (palm facing out (Chudan Soto Mawashi Uke)
			Elbow Block (Hiji Uke)
			Removing Block (Hazushi Uke)
			Low X (cross) block (Gedan Kosa Uke or Gedan juji Uke)

Pass	1/2	0	
			High Knife Hand Block (Jodan Shuto Uchi Uke)
			Mid Level Outside Block (Chudan Soto Uke)
			Dropping Block (Otoshi Uke)
			Supported Forearm Block (Sasae Uke)
			Winding Knifehand Block (Makite Uke)
			Searching Hand Block (Sagurite Uke)
			High X (cross) Block Jodan Kosa Uke or Jodan Juji Uke)
<b><u>Dachi Waza (Stances)</u></b>			
			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)
			Horse Stance (Naihanchi Dachi)
			Forward Stance (Zenkutsu Dachi)
			Back Stance (Kokutsu Dachi)
			Fighting Stance (Kamae Dachi)
			Ready Stance (Yoi Dachi or Fudo Dachi)
			T Foot Stance (Tiji Dachi)
			Closed Foot Stance (Heisoku Dachi)
			Open Foot Stance (Musubi Dachi)
			Cat Stance (Neko Ashi Dachi)
			Crossed Leg Stance (Kosa dachi)
<b>Section Total</b>			<b>/58</b>
<b><u>Kata (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan
			Pinan Yondan
			Naihanchi Nidan
			Pinan Godan
			Passai Sho
			Ananku
			Tsuken Bo
			Naihanchi Sandan
<b>Section Total</b>			<b>/75</b>
<b><u>Kata Bunkai (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan



Pass	1/2	0	
			Naihanchi Shodan
			Pinan Yondan
			Naihanchi Nidan
			Pinan Godan
			Passai Sho
			Ananku
			Tsuken Bo
			Naihanchi Sandan
Section Total			/75
<b><u>Self Defense (6 Techniques per attack)</u></b>			
			Wrist Grab
			Lapel Grabs (1 & 2 hand)
			Hair Pulls (all sides)
			Shoulder Grabs (all sides)
			Chokes
			Straight Punch (any target)
			Kick (Any Target or Kick)
			Defenses against a club or bat (2)
			Defenses Against A Knife (2)
<b><u>Throws &amp; Sweeps</u></b>			
			Osoto Gari
			Hip Throw (O goshi)
			Lapel throw (Eri Seoi Nage)
			1 Arm Shoulder Throw (Ippon Seoi Nage)
			2 Arm Shoulder Throw (Nihon Seoi Nage)
			Inside Leg Sweep (Ouchi Gari)
Section Total			/52
<b><u>Kyusho Jutsu (Pressure Points)</u></b>			
			10 pressure points
Section Total			/10
<b><u>Yakusoku Kumite</u></b>			
			Yakusoku Ichi
			Yakusoku Ni
			Yakusoku San
			Yakusoku Yon
			Yakusoku Go
			Yakusoku Roku
Section Total			/6
<b><u>Kumite</u></b>			
			Jiyu Kumite
			Sanbon Kumite
Section Total			/2

<u>Ukemi</u>			
<b>Pass</b>	$\frac{1}{2}$	<b>0</b>	
			<b>Forward Roll</b>
			<b>Front Fall (Mae Ukemi)</b>
			<b>Back Fall (Ushiro Ukemi)</b>
			<b>Side Fall (Yoku Ukemi)</b>
<b>Section Total</b>			<b>/4</b>
<u>Other</u>			
			<b>Sensei Fishers Challenge</b>
			<b>What is the lineage of Shorin ryu?</b>
			<b>Terminology</b>
			<b>Count to 20 in Japanese</b>
<b>Section Total</b>			<b>/4</b>
<b>Total Score</b>		<b>/286</b>	<b>Percentage</b>
<b>Passed:</b>	<b>Yes</b>		<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			

**Okinawa Shorin Ryu – Seijitsu Shin Do Kan Karate-Do**



**Requirements For (Shodan)**

**Kihon Waza**

**Te Waza (Strikes (Uchi), Punches (Tsuki) Techniques)**

Pass	1/2	0	
			Mid Level Punch (Chudan Tsuki)
			High Punch (Jodan Tsuki)
			Low Punch (Gedan Tsuki)
			Knifehand Strike (Shuto Uchi)
			Palm Heel Strike (Shotei Uchi)
			Hammer Fist Strike (Kentsui Uchi)
			Reverse Punch (Gyaku Tsuki)
			Circular Block Punch Combo (Tomoe Tsuki)
			Spearhand (Nukite)
			Knifehand Strike to the Chest (Kyobu Shuto Uchi)
			Upward Elbow Smash (Tate Hiji Ate)
			Chasing Punch (Oi-Tsuki)
			Square Punch (Kaku Tsuki)
			Backfist (Uraken)
			Ridgehand Strike (Haito Uchi)
			2 finger Spear Hand (Nihon Nukite)
			1 Finger Spear Hand (Ippon Nukite)
			Beak Thrust (Shi Tsuki)
			Augmented Side Punch (Morote Tsuki)
			<b>Geru Waza (Kicking Techniques)</b>
			Front Kick (Mae Geri) (Kekomi & Keage) (2)
			Side Kick (Yoko Geri) (Kekomi & Keage) (2)
			Back Kick (Ushiro Geri) (Kekomi & Keage) (2)
			Roundhouse Kick (Mawashi Geri)
			Spinning Back Kick (Mawari Ushiro Geri)
			Knee Smash (Hiza Ate)
			<b>Uke Waza (Blocking Techniques)</b>
			High Block (Jodan Uke)
			Low Block (Gedan Uke)
			Mid Level Block (Chudan Uke)
			Inside Block (Uchi Uke)
			Low Sweeping Block (Gedan Barai Uke)
			Knifehand Block (Shuto Uke)
			Augmented Mid Level Block (Chudan Morote Uke)
			Low Knifehand Block (Gedan Shuto Uke)
			Palm Heel Block (Shotei Uke)
			Chudan / Gedan Augmented Block (Morote Barai Uke)
			Outside Block (palm facing out (Chudan Soto Mawashi Uke)
			Elbow Block (Hiji Uke)
			Removing Block (Hazushi Uke)

Pass	1/2	0	
			Low X (cross) block (Gedan Kosa Uke or Gedan juji Uke)
			High Knife Hand Block (Jodan Shuto Uchi Uke)
			Mid Level Outside Block (Chudan Soto Uke)
			Dropping Block (Otoshi Uke)
			Supported Forearm Block (Sasae Uke)
			Winding Knifehand Block (Makite Uke)
			Searching Hand Block (Sagurite Uke)
			High X (cross) Block Jodan Kosa Uke or Jodan Juji Uke)
			Low Inverted Knifehand Block (Gedan Haito Uke)
<b><u>Dachi Waza (Stances)</u></b>			
			Natural Stance (Shizentai Dachi)
			Straddle Stance (Kiba Dachi or Jigotai Dachi)
			Horse Stance (Naihanchi Dachi)
			Forward Stance (Zenkutsu Dachi)
			Back Stance (Kokutsu Dachi)
			Straddle Stance (Shiko dachi)
			Fighting Stance (Kamae Dachi)
			Ready Stance (Yoi Dachi or Fudo Dachi)
			T Foot Stance (Tiji Dachi)
			Closed Foot Stance (Heisoku Dachi)
			Open Foot Stance (Musubi Dachi)
			Cat Stance (Neko Ashi Dachi)
			Crossed Leg Stance (Kosa dachi)
<b>Section Total</b>			/63
<b><u>Kata (5 points ea)</u></b>			
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan
			Pinan Yondan
			Naihanchi Nidan
			Pinan Godan
			Passai Sho
			Ananku
			Tsuken Bo
			Naihanchi Sandan
			Seisan
			Passai Dai
<b>Section Total</b>			/85

<b><u>Kata Bunkai (5 points ea)</u></b>			
<b>Pass</b>	<b>½</b>	<b>0</b>	
			Taikiyoku Shodan
			Fukyugata Ichi
			Fukyugata Ni
			Pinan Shodan
			Pinan Nidan
			Wansu
			Pinan Sandan
			Naihanchi Shodan
			Pinan Yondan
			Naihanchi Nidan
			Pinan Godan
			Passai Sho
			Ananku
			Tsuken Bo
			Naihanchi Sandan
			Seisan
			Passai Dai
<b>Section Total</b>			<b>/85</b>
<b><u>Self Defense (10 Techniques per attack)</u></b>			
			Wrist Grab
			Lapel Grabs
			Hair Pulls
			Shoulder Grabs
			Chokes
			Straight Punch & Jabs
			Hook Punch (any target)
			Kicks
			Defenses Against a club or bat (2)
			Defenses Against A Knife (2)
			Defense Against a Gun (2)
<b><u>Throws &amp; Sweeps</u></b>			
			Osoto Gari
			Hip Throw (O goshi)
			Lapel throw (Eri Seoi Nage)
			1 Arm Shoulder Throw (Ippon Seoi Nage)
			2 Arm Shoulder Throw (Nihon Seoi Nage)
			Inside Leg Sweep (Ouchi Gari)
			Harai Goshi
<b>Section Total</b>			<b>/92</b>
<b><u>Kyusho Jutsu (Pressure Points)</u></b>			
			20 pressure points
<b>Section Total</b>			<b>/20</b>
<b><u>Yakusoku Kumite</u></b>			
			Yakusoku Ichi
			Yakusoku Ni

<b>Pass</b>	$\frac{1}{2}$	<b>0</b>	
			<b>Yakusoku San</b>
			<b>Yakusoku Yon</b>
			<b>Yakusoku Go</b>
			<b>Yakusoku Roku</b>
<b>Section Total</b>			<b>/6</b>
<b><u>Kumite</u></b>			
			<b>Jiyu Kumite</b>
			<b>Sanbon Kumite</b>
<b>Section Total</b>			<b>/2</b>
<b><u>Ukemi</u></b>			
			<b>Forward Roll</b>
			<b>Front Fall (Mae Ukemi)</b>
			<b>Back Fall (Ushiro Ukemi)</b>
			<b>Side Fall (Yoku Ukemi)</b>
<b>Section Total</b>			<b>/4</b>
<b><u>Other</u></b>			
			<b>Research Report (100)</b>
			<b>Terminology</b>
<b>Section Total</b>			<b>/101</b>
<b>Total Score</b>		<b>/458</b>	<b>Percentage</b>
<b>Passed:</b>	<b>Yes</b>		<b>No</b>
<b>Signature of Tester</b>			
<b>Renshi Fisher</b>			

Reognizeable Crest of Various Ryu Ha Shorin Ryu Karate and Kobudo





**Some Famous Masters Of Shorin Ryu Karate**



**Kanga "Tode" Sakugawa**



**Sokon "Bushi" Matsumura**



**Yasutsune "Ankoh" Itosu**



**Chosin Chibana**



**Chotoku Kyan**



**Choki Motobu**



**Yuchoku Higa**



**Hohan Soken**



**Shugoro Nakazato**



**Eizo Shimabukuro**



**Katsuya Miyahira**



**Eihachi Ota**



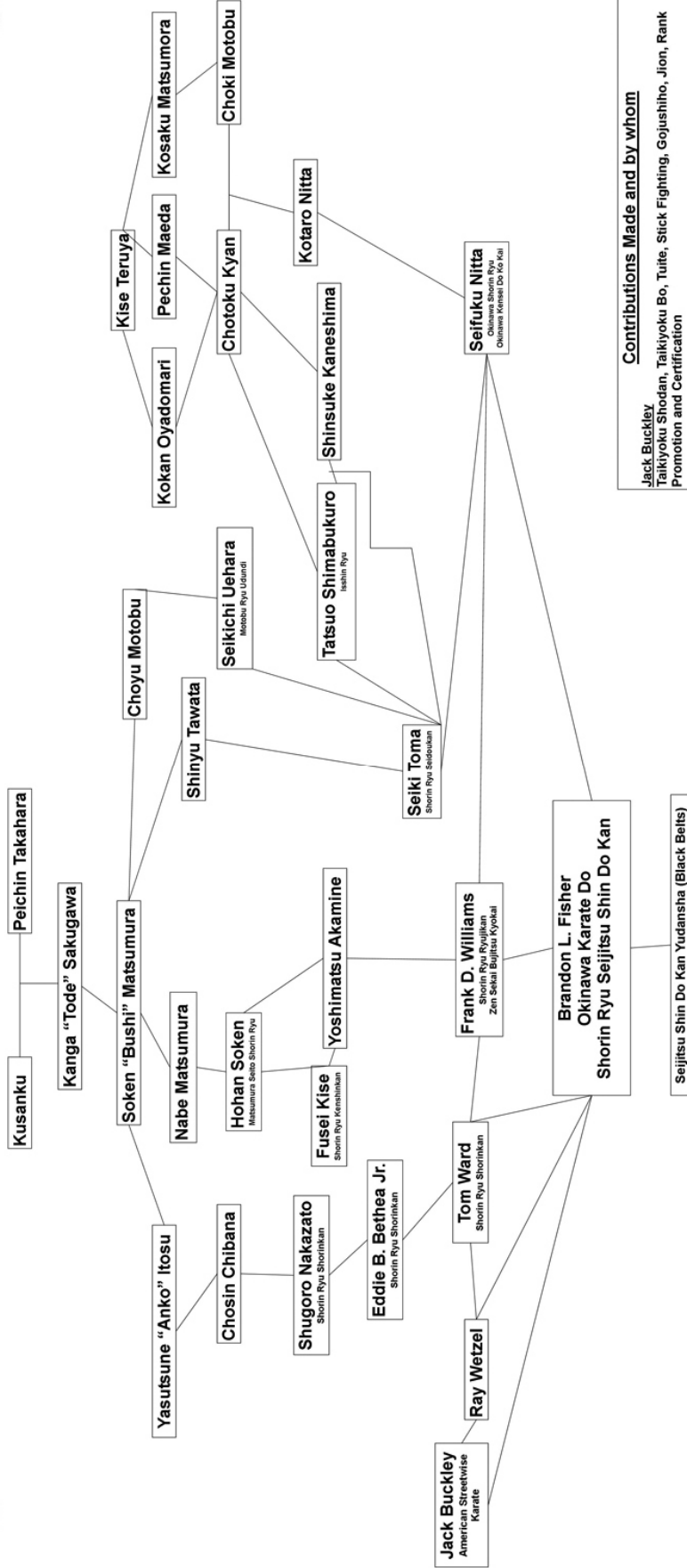
**Shoshin Nagamine**



**Seifuku Nitta**



# Okinawa Karate Do Shorin Ryu—Seijitsu Shin Do Kan Keizu



## Contributions Made and by whom

**Jack Buckley**  
Taikyoku Shodan, Taikyoku Bo, Tuite, Stick Fighting, Gojushiho, Jion, Rank Promotion and Certification

**Ray Wetzel**  
Tuite, Nage Waza

**Tom Ward**  
Fukyugata Ich—Ni, Pinan Shodan—Godan, Naihanchi Shodan—Sandan, Passai Sho & Dai, Kusanku, Chinto, Gojushiho, Nagamine No Nunchaku Sho, Toyama No Kama

**Frank D. Williams**  
Fukyugata San, Chinto, Tsuken Bo, Jion, Seisan, Rank Promotion and Certification

**Seifuku Nitta**  
Sochin, Chinto, Chatan Yara Kusanku, Ananku, Seisan, Tuite, Rank Promotion and Certification

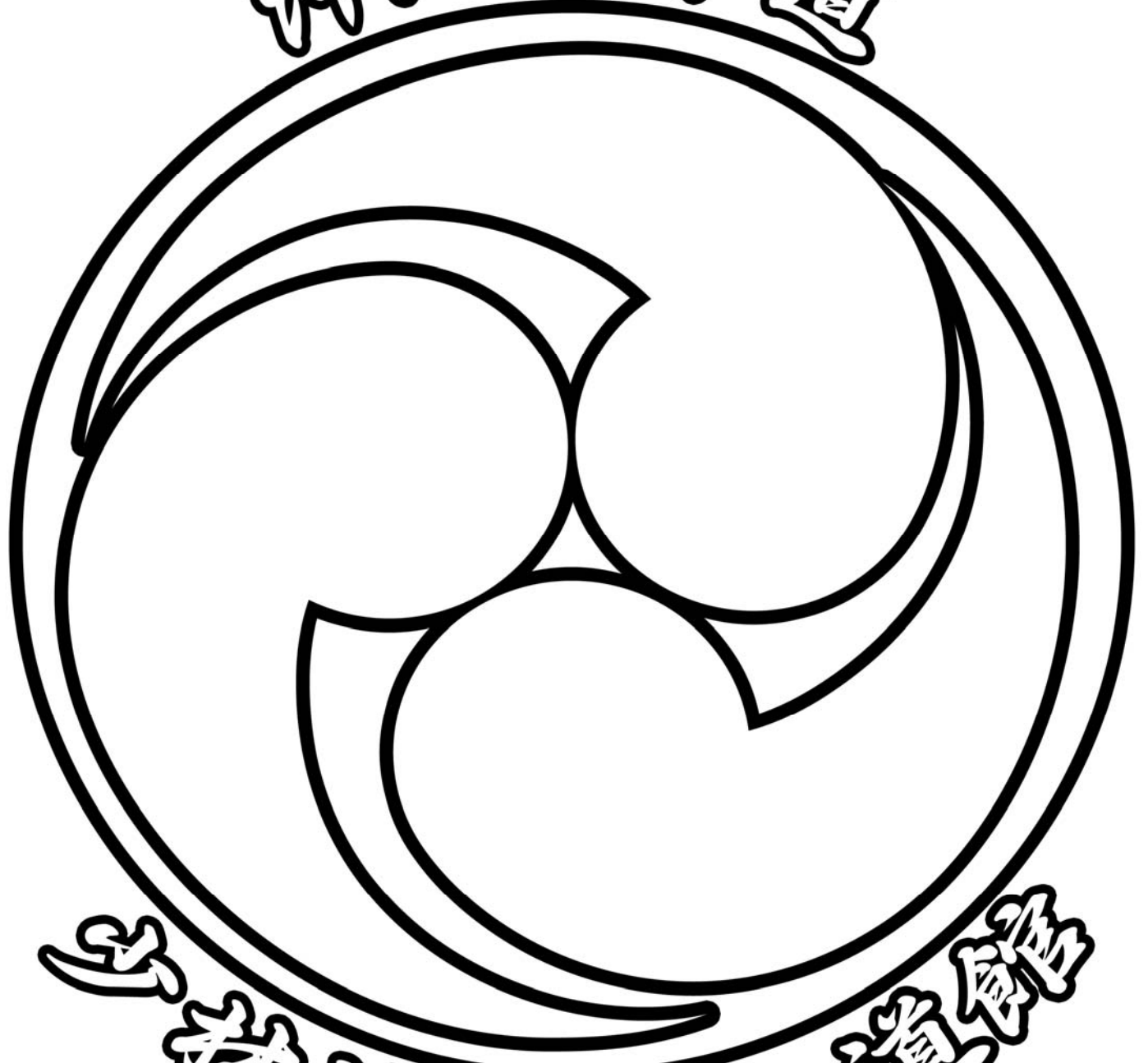
Organizations That Have Influenced Us: The Most  
Crawfordsville School Of Karate—Renshi Tom Ward—Okinawa Shorin Ryu Shorinkan Kyokai  
American Streetwise Self-Defense—Kaicho Jack Buckley  
Zen Sekai Bujitsu Kyokai—Kaicho Frank D. Williams  
Okinawa Kensei Do Ko Kai—Kaicho Seifuku Nitta

## Key Dates in the History of Karate Do up to 1969

1644	Peichin (Yabu) Hokama active in martial arts	1915	Anko Itosu Passes Away
1740	Chatan Yara Born	1916	Gichin Funakoshi gives first karate Demonstration outside Okinawa in Kyoto, Japan at the Butokuden
1782	Kanga"Tode" Sakugawa Born	1920	Kentsu Yabu demonstrates karate in Los Angeles, CA
1800	Sokon "Bushi" Matsumura Born	1921	Prine Hirohito stoped in Okinawa on his way To Europe and witnessed a karate Demonstration at Shuri Castle
1815	Kanga"Tode" Sakugawa Died (other theories say 1837 or 1843)	1924	Gichin Funakoshi awards the first ever Karate dan ranks
1832	Yasutsune 'Anko" Itosu creator of the Pinan kata series Born	1929	Gichin Funakoshi officially began using the modern kanji for karate 空手 from the old Kanji 唐手
1868	Gichin Funakoshi Born	1933	Chosin Chibana registers his style with the Butokukai as Shorin Ryu (小林流) and Choju Miyagi registers his style as Goju Ryu (剛柔流).
1870	Choki Motobu Born	1939	Funakoshi Opens Shotokan Dojo
1873	Sokon Matsumura wrote a letter about karate to his student Ryosei Kuwae	1944	Choki Motobu Dies
1885	Chosin Chibana (founder of Kobayashi Shorin ryu) Born	1945	Chotoku Kyan Dies
1886	Gokenki Born in China	1947	Matsubayashi Shorin Ryu established by Shoshin Nagamine
1888	Chojun Miyagi (founder of Goju Ryu) Born	1947	Motobu Ryu named by Seikichi Uehara
1889	Kanryo Higaonna Opened his first Toudi Dojo	1948	Eizo Shimabukuro begins teaching Shorin Ryu
1890	Sokon Matsumura Passed Away	1953	Chojun Miyagi Dies
1901	Anko Itosu began teaching karate at the Shuri Jinjo Elementary School	1956	Okinawa Karatedo Renmei founed and Chosin Chibana named President
1904	Anko Itosu creates the Pinan kata series and Modifies other shuri te kata	1957	Gichin Funakoshi Dies
1907	Shoshin Nagamine (founder of Matsubayashi Shorin Ryu) Born	1959	Okinawa Kobudo Hozan Kenkyukai established by Taira Shinken
1908	Anko Itosu submitted his 10 articles of Karate to the Okinawa Prefecture Board of Education	1961	Shorin Ryu Kyokai established by Chibana
1910	Yuchoku Higa (Shorin ryu Kyudokan) Born	1969	Both Chosin Chibana and Zenryo Shimabuku die

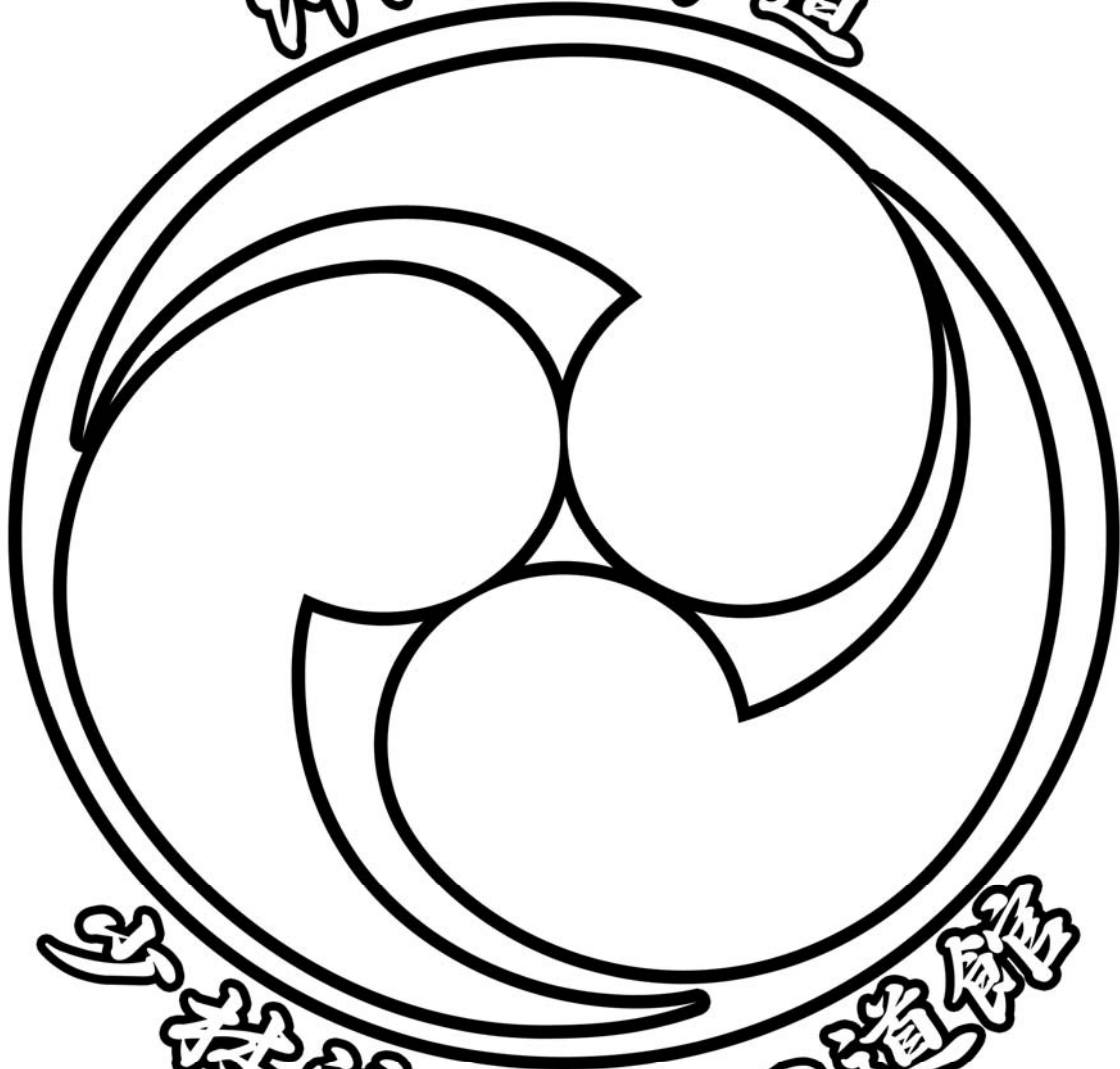
Note this outline does not include all important dates.  
Dates quoted from "Timeline of Karate History" By Tetsuhiro Hokama and Unante by John Sells

神繩空手道



心道實誠流

道手空繩神



館道實誠流本