

# SHIHAN-RYU INSTITUTE OF MARTIAL ARTS

- NATIONAL HEADQUARTERS -

3816 Bellingham Drive  
Reno, Nevada 89511  
Phone or Fax: (702) 851-8875  
Home Page: [www.shihanryu.org](http://www.shihanryu.org)  
Email: [chairman@mararts.org](mailto:chairman@mararts.org)



## SHIHAN-RYU KARATE-DO RANK REQUIREMENTS

USA KARATE FEDERATION  
Home Page: <http://www.usakarate.org/>

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## SHIHAN-RYU KARATE-DO COMMITTEE:

**Hanshi George E. Anderson, Judan  
Sensei Bruce R. Bethers, Shichidan  
Sensei Bruce G. Butler, Godan  
Sensei Robert M. Carver, Godan  
Sensei Billy R. Hames, Godan  
Sensei Delva R. Mandrell, Yondan**

# **Shihan-Ryu Karate-Do** **Rank Requirements**

## **SHICHI-KYU (White Belt - 7<sup>th</sup> KYU)**

### **New Student:**

#### **General Requirements:**

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized Shihan-Ryu Karate-Do Instructor of the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.
2. No age requirement.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular weekly dojo attendance & training.

## **ROK-KYU (Yellow Belt - 6<sup>th</sup> KYU)**

### **Beginner Student:**

#### **General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance & training.
4. **Must be Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Shichi-Kyu, three months.

#### **General Knowledge:**

1. Origin of Karate. (Okinawa)
2. Translation of "Karate-Do". (Way of the Empty Hand)
3. Known length of Karate-Do's history. (Over 1000 years)
4. Official System of Karate as taught by the Shihan-Ryu Institute. (Shihan-Ryu Karate-Do)
5. **Shihan-Ryu Karate, "The Master's Way of the Empty Hand"**  
Brief historical overview of the development of Shihan-Ryu Karate-Do  
(Refer to the Shihan-Ryu Home Page: [www.shihanryu.org](http://www.shihanryu.org))
6. Basic Martial Arts Etiquette. (same as #5)

#### **Understand Fundamentals of:**

<b><u>English</u></b>	<b><u>Japanese</u></b>	<b><u>Pronounced</u></b>
1. Formal Exercise	Kata	(ka'tah)
2. One Step Sparring	Ippon Kumite	(eep'pawn koo-me-teh)
3. Body Movement	Shintai	(shin-teye')
4. Pivoting	Tai Sabaki	(teye sa-ba'kee)
6. Free Exercise	Kumite	(koo-me-teh)
7. Fighting Stances	Dachi	(dah-chee)
8. Punch Techniques	Zuke Waza	(zoo-kee wa-za)

## General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Teacher	Sensei	(sehn'say)
2. Master Teacher	Shihan	(shee'han)
3. Great Teacher	O-Sensei	(o-sehn'say)
4. Bow	Rei	(ray)
5. Please work with me	Onegai Shimas	(uneguyi shee'mas)
6. Thank you very much	Arigato Gozaimashita	(a'raygot'to gozimas'ta)
7. Attention	Kiotuke	(kee'os'kaa)
8. Place of Honor	Kamiza	(ka'meez'a)
9. Technique	Waza	(wa'za)
10. Shout (Release of Ki)	Kiai	(kee'i)
11. Place of Learning	Dojo	(do'joe)
12. Striking Techniques	Ate Waza	(ah-the wa-za)
12. Vital Point Technology	Atemi Waza	(a-teh'mee wa-za)
13. Hand Techniques	Te Waza	(tay wa-za)
14. Kicking Techniques	Geri Waza	(geh're wa-za)
15. Block Techniques	Uke Waza	(oo-kee wa-za)
15. Break-Falling	Ukemi	(oo-kay'mee)
16. Begin	Hajime	(ha'juh-may)
17. Stop	Matte	(ma'teh)

### WAZA - Techniques

Students will demonstrate the following techniques:

#### ATE WAZA - Striking Techniques:

1. Knife Hand Strike	Shuto Uchi	(shoo-toh oo'chee)
2. Palm Heel Strike	Teisho-Uchi	(tay-soh' oo'chee)
3. Hammerfist Strike	Tettsui-Uchi or Kentsui-Uchi	(tet-su'e oo'chee) (ken-su'e oo'chee)
4. Forefist punch	Seiken-Zuke	(say'kehn zoo'kee)
5. Elbow Strike	Empi Uchi or Hiji-Uchi	(ehm'pee oo'chee) or (hee'jee oo'chee)

GERI WAZA - Kicking Techniques:

- |               |             |                       |
|---------------|-------------|-----------------------|
| 1. Front Kick | Mae Geri    | (ma-eh geh-ree)       |
| 2. Side Kick  | Yoko Geri   | (yoh'koh geh-ree)     |
| 3. Back Kick  | Ushiro Geri | (oo-shee-roh geh-ree) |

UKE WAZA - Blocking Techniques:

- |                     |           |                   |
|---------------------|-----------|-------------------|
| 1. Knife Hand Block | Shuto Uke | (shoo-toh oo'keh) |
| 2. Outside Block    | Soto Uke  | (soh'toh oo'keh)  |
| 3. Inside Block     | Uchi Uke  | (oo'chee oo'keh)  |

ATEMI WAZA - Vital Point Technology

(Student will point out each of the below "targets" & know the correct methods of striking the target areas.)

- |                            |         |                |
|----------------------------|---------|----------------|
| 1. Vital Spots of the Body | Kyusho  | (kyoo-shoh)    |
| 2. Temple                  | Kasumi  | (ka-soo'mee)   |
| 3. Nose                    | Uto     | (oo'toh)       |
| 4. Ear                     | Dokko   | (dok'ko)       |
| 5. Windpipe                | Hichu   | (hee'chu)      |
| 6. Groin                   | Kinteki | (keen'tee-kee) |

UKEMI WAZA - Breakfalling Techniques:

- |                         |             |                       |
|-------------------------|-------------|-----------------------|
| 1. Basic Rear Breakfall | Koho Ukemi  | (koh-hoh oo-keh-mee)  |
| 2. Basic side Breakfall | Yoko Ukemi  | (yoh'koh oo-keh-mee)  |
| 3. Rolling Breakfall    | Zempo Ukemi | (zehm-poh oo-keh-mee) |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a "Basic" self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Single Punch (upper & mid body)
2. Single Normal Wrist Grab (2ea)
3. Single Lapel Grab (2ea)
4. Front Choke (2ea)
5. Rear Choke (2ea)

KATA - Formal exercises:

## **GO-KYU (Orange Belt - 5<sup>th</sup> KYU)**

### **Int. Beginner Student:**

#### **General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Rok-Kyu, three months.

#### **General Knowledge:**

1. SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION Belt Rank System by belt colors. (English & Japanese terminology for ranks through 10<sup>th</sup> Dan).
2. Purpose of warming up (Jumbi Undo) and cooling off (Shumatsu Undo).
3. Understanding of Student - Teacher relationship in the Martial Arts.
4. Understanding the purpose of breakfalling. (Ukemi)
5. Understand the importance of "Center" (Hara).
6. Understanding of "Spirit" (Ki).

#### **Understand Fundamentals of:**

1. Understand the Philosophy of Karate-Do (Refer to Shihan-Ryu "Home Page": [www.shihanryu.org](http://www.shihanryu.org))
2. Understand the "Six-Step Process" of learning Shihan-Ryu Budo. (Same as #1)
3. Understand the basic concept of \_\_\_\_\_
4. Understand the training concept of the "Attacker" (Uke) & the "Defender" (Tori).

## General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Upper	Jo	(joh)
2. Middle	Chu	(choo)
3. Lower	Ge	(gay')
4. Stance	Dachi	(daw'chee)
5. Hand	Te	(tay)
6. Foot (or Leg)	Ashi	(aw-shee)
7. Sweeping	Harai	(ha-reye')
8. Escapes	Fusegi	(foo-see'ghee)

### WAZA - Techniques

Students will demonstrate the following techniques:

#### ATE WAZA - Striking Techniques:

1. Forefist Chin Strike	Seiken Ago-Uchi	(say'kehn aw-go-o'chee)
2. Forefist Round Strike	Seiken Mawashi-Uchi	(say'kehn ma-wash'ee-oo'chee)
3. Uppercut Strike	Uraken Shomen-Uchi	(oo'rah-ken shoh'mehn-oo'chee)
4. Backfist Strike	Uraken Uchi	(oo'rah-ken oo'chee)

#### GERI WAZA - Kicking Techniques:

1. Front Heel Thrust Kick	Mae Geri Kekomi	(ma-eh geh-ree kay'ko-mee)
2. Knee Kick	Hiza Geri	(hee'zah geh-ree)
3. Cutting Kick	Fumikiri	(foo'mee ker')

UKE WAZA - Blocking Techniques:

- |                    |            |                   |
|--------------------|------------|-------------------|
| 1. Upper Block     | Jodan Uke  | (joh'dan oo'keh)  |
| 2. Downward Block  | Gedan Uke  | (gay'dan oo'keh)  |
| 3. Palm Heel Block | Shotei Uke | (shoh'tay oo'keh) |

ATEMI WAZA - Vital Point Technology

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

- |                  |           |                    |
|------------------|-----------|--------------------|
| 1. Side of Neck  | Matsukaze | (mat-soo-kaz'ee)   |
| 2. Base of Neck  | Keicho    | (kay'cho)          |
| 3. Forearm Nerve | Shakutaku | (shaw'koo-taw'koo) |
| 4. Eye           | Me        | (mee')             |
| 5. Knee          | Hiza      | (hee'za)           |

UKEMI WAZA - Breakfalling Techniques:

- |                                  |                    |                                      |
|----------------------------------|--------------------|--------------------------------------|
| 1. Standing Side<br>Breakfalling | Tachi Ukemi        | (ta-chee oo-keh-mee)                 |
| 2. Back Roll<br>Breakfalling     | Ushiro Zempo Ukemi | (oo-shee-roh zehm-poh<br>oo-keh-mee) |
| 3. Basic Front<br>Breakfalling   | Mae Ukemi          | (ma-eh oo-keh-mee)                   |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Front Bear Hug Attack (arms free)
2. Rear Bear Hug Attack (arms free)
3. Single Cross Wrist Grab
4. Double Grab To One Arm
5. Double Wrist Grab

KATA - Formal exercises:

**YON-KYU (Green Belt - 4<sup>th</sup> KYU)**

**Adv. Beginner Student:**

**General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Go-Kyu, four months.

**General Knowledge:**

1. Know the major eight divisions of technique in Shihan-Ryu Karate-Do training: (Ate, Geri, Uke, Atemi, Kata, Kumite, Ukemi, & Goshinjitsu.)
2. Know the Historical Development of Karate-Do. (Provide a written essay w/bibliography on the history of Karate-Do development.)

**Understand Fundamentals of:**

1. Understand the fundamental concept of "Movement Strategy" in Karate-Do. (Refer to the Shihan-Ryu Home Page: [www.shihanryu.org](http://www.shihanryu.org))
2. Understand the fundamental "key" points of Karate-Do techniques and how to perform with maximum efficiency. (same as #1)

**General Terminology & Japanese Phases**

- | <u>English</u>       | <u>Japanese</u> | <u>Pronounced</u>  |
|----------------------|-----------------|--------------------|
| 1. Counter Technique | Kaeshi Waza     | (ke-eh'shee wa'za) |

2. Attacker (in training)	Uke	(oo'kay)
3. Defender (in training)	Tori	(toh'ree)
4. Repetition Fitting Practice	Uchi-Komi	(oo-chee-koh-mee)
5. Form Training	Kata	(ka'ta)
6. Free Sparring	Jiyu-Kumite	Jee-yu koo-me-teh)
7. Dojo Etiquette	Reigisaho	(ray-gee-sa-hoh
8. Continuation Technique	Renraku Waza	(rehn-ra'koo wa'za)

### **WAZA - Techniques**

Students will demonstrate the following techniques:

#### ATE WAZA - Striking Techniques:

1. Fore-Knuckle Fist Strike	Hiraken-Uchi	(hee-ra-kehn' oo'chee)
2. Ridge Hand Strike	Haito-Uchi	(heye'toh oo'chee)
3. Bear-Paw Strike	Kumade Uchi	(koo-mah-dee oo'chee)
4. Spear Hand	Nukite	(noo'kee-tay)
5. One-Knuckle Fist Strike	Ippon-Ken Uchi	(ee'pawn ken oo'chee)

#### GERI WAZA - Kicking Techniques:

1. Groin Kick	Kin Geri	(keen' gay-ree)
2. Roundhouse Kick	Mawashi Geri	(ma-wash'ee geh-ree)
3. Inside Crescent Kick	Uchi Mikazuki Geri	(oo-chee mee-ka'zu'kee geh-ree)
4. Heel Round Kick	Kakato Mawashi Geri	(ka-ka-toh ma-wash'ee geh-ree)

#### UKE WAZA - Blocking Techniques:

1. Hook Block	Kake Uke	(ka'kay oo'keh)
2. Pressing Block	Osae Uke	(oh-sa-eh oo'keh)

#### ATEMI WAZA - Vital Point Technology

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

- |                     |            |                      |
|---------------------|------------|----------------------|
| 1. Between The Eyes | Uto        | (u'toh)              |
| 2. Chin             | Ago        | (aw-goh)             |
| 3. Temple           | Kasumi     | (ka-su'meh)          |
| 4. Upper Arm        | Udenarashi | (oo'day-na-rah-shee) |
| 5. Shin             | Mukouzune  | (moo-koo-zu'neh)     |

UKEMI WAZA - Breakfalling Techniques:

- |                                 |                    |                                   |
|---------------------------------|--------------------|-----------------------------------|
| 1. Front Breakfalling           | Mae Ukemi          | (ma-eh oo-kehm-ee)                |
| 2. Forward Roll<br>Breakfalling | Zempo Kaiten Ukemi | (zehm-poh kai'ten oo-<br>kehm-ee) |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Front Bear Hug Attack (arms locked)
3. Rear Bear Hug Attack (arms locked)
4. Side Choke (2ea)
5. Double Lapel Grab

KATA - Formal exercises:

**SAN-KYU (Brown Belt - 3rd KYU)**

**Initial. Intermediate Student:**

**General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Yon-Kyu, four months.

**General Knowledge:**

1. Improved ability in previous rank requirements.
2. Ability to teach the fundamental Karate-Do skills.
3. Ability to explain the general concepts & foundations of Shihan-Ryu Karate-Do.
4. Japanese terminology for all techniques required.

**Understand Fundamentals of:**

1. Understand the basic concept of Body Movements - Dodging Technique - Furimi Waza. (Refer to the Shihan-Ryu Home Page: [www.shihanryu.org](http://www.shihanryu.org))

**General Terminology & Japanese Phases**

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Way of the Warrior	Bushido	(boo-shee'doh)
2. Martial Arts	Budo	(boo'doh)
3. Way of Life	Do	(doh)

- |                                  |            |                   |
|----------------------------------|------------|-------------------|
| 4. Ranks <u>below</u> Black Belt | Mudansha   | (moo-dan'sha)     |
| 5. All Black Belts               | Yudansha   | (yoo-dan'sha)     |
| 6. Standing Bow                  | Ritsurei   | (reet-suh-ray)    |
| 7. Kneeling Bow                  | Zarei      | (za-ray)          |
| 8. Favorite Technique            | Tokui Waza | (toh-ku-ee wa-za) |

### **WAZA - Techniques**

Students will demonstrate the following techniques:

#### ATE WAZA - Striking Techniques:

1. Improved ability in all previous Ate Waza
2. Chin Press Strike      Ago-Oshi Uchi      (aw-go o'shee oo-chee)
3. Neck Press Strike      Kubi Age Uchi      (koo'bee aw-gee oo-chee)

#### GERI WAZA - Kicking Techniques:

1. Stamping Kick      Fumikomi      (foo'mee koh'mee)
2. Reverse Roundhouse Kick      Gyaku Mawashi Geri      (gyaw'koo ma-wash'ee geh-ree)

#### UKE WAZA - Blocking Techniques:

1. Improved ability in all previous Uke Waza.
2. Cross Block      Juji Uke      (joo'jee oo'keh)
3. Ability to block punches, grabs & kicks in a simple on-step exercise (Ippon-Kumite).

#### ATEMI WAZA - Vital Point Technology

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

- |                    |          |                  |
|--------------------|----------|------------------|
| 1. Top of the Head | Tento    | (ten'to)         |
| 2. Solar Plexus    | Suigetsu | (soo'ee-get'soo) |
| 3. Groin           | Kin-Teki | (ken-tay'kee)    |
| 4. Instep          | Kori     | (ko'rey)         |



GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Full Nelson
3. Head Lock
4. Hair Grab
5. Basic Counter to Osoto Gari (throw)
6. Basic Counter to Ogoshi (throw)
7. Ability to demonstrate "Step Dodge" - Kaishin (kay'shen)
8. Ability to demonstrate "Side Dodge" - Yoko Furimi  
(yoo-koh fu-rem'ee)

KATA - Formal exercises:

**NI-KYU (Brown Belt - 2nd KYU)**

**Mid-Level Int. Student:**

**General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as San-Kyu, six months.

**General Knowledge:**

1. Improved ability to teach fundamental Karate-Do skills.
2. Write an essay (approx. 500 words) on the historical significance of the transition of Bu-Jutsu to Budo.
3. Understand basic First Aid for common Dojo injuries.
4. Japanese terminology for all techniques required.

**General Terminology & Japanese Phases**

<b><u>English</u></b>	<b><u>Japanese</u></b>	<b><u>Pronounced</u></b>
1. Standing Technique	Tachi Waza	(ta-chee wa'za)
2. Hand Technique	Te Waza	(tay wa'za)
3. Leg Technique	Ashi Waza	(aw-shee wa'za)
4. Sacrifice Technique	Sutemi Waza	(soo-teh'mee wa'za)
5. Avoidance or Dodge Waza	Furimi Waza	(foo're'mee wa'za)



GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Ability to demonstrate "Backward Dodge" (Sorimi) (so'ree-meh)
3. Ability to demonstrate "Pull-In Dodge" (Hikimi) (hee-kee-meh)
4. Ability to demonstrate "Circular Dodge" (Ryusui) (roo-soo'ee)
5. Front Kick
6. Side Kick

KATA - Formal exercises:

**IK-KYU (Brown Belt - 1st KYU)**

**High Intermediate Student:**

**General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Ni-Kyu, six months.

**General Knowledge:**

1. Ability to explain & demonstrate primary important points in the study of JuJitsu (form, balance, center of gravity, concentration of power, speed, rhythm, timing, lower abdomen & hip control, as well as discipline of training).
2. Understand the importance of the development of character.

**General Terminology & Japanese Phases**

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Good Morning	Ohayoo Gozaimasu	(o-hi-o go'zai-mas)
2. Good Afternoon	Konniti Wa	(ko-ni'teh wa)
3. Good Evening	Konban Wa	(kon-ba wa)
4. How Are You?	Ikaga Desu Ka	(ee-aga des ka)
5. Good Bye	Sayo Nara	(sai-o na-ra)
6. Excuse Me or	Gomennasai	(go-men-na'sai)

7. Pardon Me

**WAZA - Techniques**

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Improved ability to demonstrate & teach all previous Ate Waza.

GERI WAZA - Kicking Techniques:

1. Improved ability in all previous Geri Waza.
2. Ability to demonstrate basic breaking techniques with Geri Waza.  
NOTE: Proper focus (kime) & technique (waza) at this level is the primary concern regarding tameshiwari.

UKE WAZA - Blocking Techniques:

1. Improved ability to demonstrate & to teach all previous Uke Waza.

ATEMI WAZA - Vital Point Technology

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Improved ability in all previous Atemi Waza.
2. Wrist                                      Tekubi                                      (tay-koo'bee)
3. Elbow                                      Hiji    (hee'jee)
4. Behind the Bottom      Dokuko                                      (do-koo-koh)  
    of the Ears

UKEMI WAZA - Breakfalling Techniques:

1. Improved ability in all previous Ukemi.

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Ability to demonstrate "Jumping Retreat" (Tobi Sagari)
3. Ability to demonstrate "Sliding Retreat" (Hiraki Sagari)
4. Roundhouse Kick (2 ea)
5. Turning Kick (2ea)
6. Club Attacks (3 ea)

KATA - Formal exercises:

## **SHODAN (1<sup>st</sup> Degree Black Belt)**

### **1<sup>st</sup> Level - Advanced Student:**

#### **General Requirements:**

1. Sound moral character.
2. Minimum age - 16 years old.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Ik-Kyu, six months.

#### **General Knowledge:**

1. Understand the relationship between Karate-Do & physical/mental fitness.
2. Understand the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION Shihan-Ryu Institute Rank System with the significance of each belt level.
3. Write an essay (approx. 500 words) on your personal goals & objectives as they relate to your study of Shihan-Ryu Karate-Do.
4. Understand Basic Resuscitation Techniques (Kappo).

#### **General Terminology & Japanese Phases**

<b><u>English</u></b>	<b><u>Japanese</u></b>	<b><u>Pronounced</u></b>
1. Please	Doozo or Koodasaie	(do'o-zo) (koo-da'sai)
2. Where?	Doko Dess Ka	(do-koo des-ka)
3. Good	Yoroshee	(yo-ro'shee)
4. I, My, or Mine	Watahkshee	(wa'tahk-shee)
5. You	Anata	(an'at-ah)
6. Here	Koko	(ko-koo)

#### **WAZA - Techniques**

Students will demonstrate the following techniques:

#### **ATE WAZA - Striking Techniques:**

1. Improved ability in all previous Ate Waza.

GERI WAZA - Kicking Techniques:

1. Improved ability in all previous Geri Waza.

UKE WAZA - Blocking Techniques:

1. Improved ability in all previous Uke Waza.

ATEMI WAZA - Vital Point Technology

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Improved ability in all previous Atemi Waza.
2. Spine between the      Katusatsu                      (ka-soo-sa'soo)  
    shoulder blades
3. Kidney                      Denko                      (deen'koh)
4. Coccyx                      Bitei                      (bi-tee'i)
5. Calf                      Kusazuri                      (koo-sa'zoo-ree)

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Ability to demonstrate "Full-Turn Dodge" (Zen Tenkan)
3. Ability to demonstrate "Half-Turn Dodge" (Hon Tenkan)
4. Basic Knife Defense (3ea)
5. Basic Defense Techniques for Two Attackers

KATA - Formal exercises:

**NIDAN (2<sup>nd</sup> Degree Black Belt)**  
**2<sup>nd</sup> Level - Advanced Student:**

**General Requirements:**

1. Sound moral character.
2. Regular dojo attendance & training.
3. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
4. Minimum time in grade requirement as Shodan, one year.

**General Knowledge:**

1. Understand Shihan-Ryu Karate-Do as a Way of Life.
2. Ability to explain "What is Karate-Do" in a comprehensive manner.
3. Write an essay (approx. 500 words) on Vital Point Technology as related to Martial Arts (Budo).

**General Terminology & Japanese Phases:**

<u>English</u>	<u>Japanese</u>	<u>Pronouced</u>
1. What is it?	Nan Desu Ka	(nan-des-ka)
2. To The Right	Migi Dess	(me-gee'des)
3. To The Left	Hidari Dess	(he'da-ree des)
4. It's Straight Ahead	Massoo goo Sakee Dess	(mas'soo-goo sak'ee des)

**WAZA - Techniques**

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Improved ability to demonstrate & teach all previous Ate Waza.

GERI WAZA - Kicking Techniques:

1. Improved ability to demonstrate & teach all previous Geri Waza.

UKE WAZA - Blocking Techniques:

1. Improved ability to demonstrate & teach all previous Uke Waza.

ATEMI WAZA - Vital Point Technology

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Improved ability to demonstrate & teach all previous Atemi Waza.

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability to demonstrate & teach all previous Goshinjitsu requirements.
2. Basic Gun Defense (3 ea)
3. Multi-Attacker Defenses (3 ea)
4. Basic Defenses from seated position (4 ea)

KATA - Formal exercises:

**SANDAN (3<sup>rd</sup> Degree Black Belt)**

**3<sup>rd</sup> Level - Advanced Student:**

**General Requirements:**

1. Active Teacher of Shihan-Ryu JuJitsu.
2. Sound moral character.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Nidan, two years.

**General Knowledge:**

1. Extensive knowledge & understanding of the Shihan-Ryu Institute & SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION:
  - a. Organization & Administration
  - b. Purpose or Mission
  - c. Primary Leaders
  - d. Rank Policy
  - e. Relationship with other Martial Art Organizations

## **WAZA - Techniques**

Demonstrate the following techniques:

### ATE WAZA - Striking Techniques:

1. Ability to demonstrate & teach all previous Ate Waza with strong technical skill.

### GERI WAZA - Kicking Techniques:

1. Ability to demonstrate & teach all previous Geri Waza with strong technical skill.

### UKE WAZA - Blocking Techniques:

1. Ability to demonstrate & teach all previous Uke Waza with strong technical skill.

### ATEMI WAZA - Vital Point Technology

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Ability to demonstrate & teach all previous Atemi Waza with strong technical skill.

GOSHINJITSU - Self Defense Techniques:

(Demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Ability to demonstrate & teach all previous Goshinjitsu Waza with strong technical skill.
2. Advanced Defenses from seated position (4 ea)

KATA - Formal exercises:

## **YONDAN (4<sup>th</sup> Degree Black Belt)**

### **Skilled Technician:**

#### **General Requirements:**

1. Active Teacher of Shihan-Ryu JuJitsu
2. Sound moral character.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Sandan, three years.

#### **Understand Advanced Theories of:**

1. The "Warrior Mind-Set & your Martial Destiny"  
(See Text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 500 words) on the above topic.

#### **WAZA - Techniques**

Demonstrate the following techniques:

##### ATE WAZA - Striking Techniques:

1. Improved ability in demonstrating & teaching all previous Ate Waza.

##### GERI WAZA - Kicking Techniques:

1. Improved ability in demonstrating & teaching all previous Geri Waza.

##### UKE WAZA - Blocking Techniques:

1. Improved ability in demonstrating & teaching all previous Uke Waza.

##### ATEMI WAZA - Vital Point Technology

1. Improved ability in demonstrating & teaching all previous Atemi Waza.

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability in demonstrating & teaching all previous Goshinjitsu Requirements.

KATA - Formal exercises:

**GODAN (5<sup>th</sup> Degree Black Belt)**

**Skilled Technician:**

**General Requirements:**

1. Active Teacher & Leader of Shihan-Ryu JuJitsu.
2. Excellent moral character.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Yondan, four years.

**Understand Advanced Theories of:**

1. Understand the "Warrior's Way of Strategy, the Warrior's Spell Book & The Way of Honor" (See Text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 1000 words) on the above topics.

**WAZA - Techniques**

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Improved ability in all previous Ate Waza.
2. Strong Teaching Skills for Ate Waza.

GERI WAZA - Kicking Techniques:

1. Improved ability in all previous Geri Waza.
2. Strong Teaching Skills for Geri Waza.

UKE WAZA - Blocking Techniques:

1. Improved ability in all previous Uke Waza.
2. Strong Teaching Skills for Uke Waza.

### ATEMI WAZA - Vital Point Technology

1. Improved ability in all previous Atemi Waza.
2. Strong Teaching Skills for Atemi Waza.

### GOSHINJITSU - Self Defense Techniques:

(Demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Strong Teaching Skills for Goshinjitsu Waza.

### KATA - Formal exercises:

## **ROKUDAN (6<sup>th</sup> Degree Black Belt)**

### **Teacher Level:**

#### **General Requirements:**

1. Active Teacher & Leader of Shihan-Ryu JuJitsu
2. Outstanding moral character.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Godan, five years.

#### **Understand Advanced Theories of:**

1. Understand the "Way of Living", (See Text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 1000 words) on the above topic.

## **WAZA - Techniques**

Students will demonstrate the following techniques:

### ATE WAZA - Striking Techniques:

1. Expert demonstration & teaching skills in Ate Waza.

### GERI WAZA - Kicking Techniques:

1. Expert demonstration & teaching skills in Geri Waza.

### UKE WAZA - Blocking Techniques:

1. Expert demonstration & teaching skills in Uke Waza.

### ATEMI WAZA - Vital Point Technology

(Able to point out all "targets" and know the correct methods of striking the target areas.)

1. Expert demonstration & teaching skills in Atemi Waza.

### GOSHINJITSU - Self Defense Techniques:

(Demonstrate multiple self defense techniques for each type of attack, "with form, speed & power". Each technique will include block, escapes or counter with take-down or throw & control hold.)

1. Expert teaching skills in all Goshinjitsu.

### KATA - Formal exercises:

## **SHICHIDAN (7<sup>th</sup> Degree Black Belt )**

### **Senior Teacher Level:**

#### **General Requirements:**

1. Active Senior Teacher & Leader of Shihan-Ryu JuJitsu.
2. Outstanding moral character.
3. Regular dojo attendance & training.
4. **Member in good standing with the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION.**
5. Minimum time in grade requirement as Rokudan, six years.

#### **Understand Advanced Theories of:**

1. Understand "The Warrior Stands Alone" (with God) & "Mastery and the Martial Way", " (See Text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 1000 words) on the above topics.

#### **WAZA - Techniques**

Students will demonstrate the following techniques:

##### **ATE WAZA - Striking Techniques:**

1. Senior Expert Instructor of Ate Waza.
2. Expert Skill in demonstrating all Ate Waza.

##### **GERI WAZA - Kicking Techniques:**

1. Senior Expert Instructor of Geri Waza.
2. Expert Skill in demonstrating all Geri Waza.

##### **UKE WAZA - Blocking Techniques:**

1. Senior Expert Instructor of Uke Waza.
2. Expert Skill in demonstrating all Uke Waza.

ATEMI WAZA - Vital Point Technology

1. Senior Expert Instructor of Atemi Waza.
2. Expert Skill in demonstrating all Atemi Waza.

GOSHINJITSU - Self Defense Techniques:

1. Senior Instructor of all Shihan-Ryu Goshinjitsu.
2. Expert Skill is demonstrating all Shihan-Ryu Goshinjitsu Waza.

## **HACHIDAN (8<sup>th</sup> Degree Black Belt)**

### **Master Teacher Level:**

### **"National Leader of the Martial Arts":**

Minimum time in grade requirement as Shichidan, seven years.

## **KUDAN (9<sup>th</sup> Degree Black Belt)**

### **"Master":**

Minimum time in grade requirement as Hachidan, eight years.

## **JUDAN (10<sup>th</sup> Degree Black Belt)**

### **"Grand Master":**

Minimum time in grade requirement as Kudan, nine years.

**Note:** There are no technical requirements for these ranks. If the Shihan-Ryu Institute Board of Examiners does not have knowledge of the technical ability of the candidate in question, he or she may be required to demonstrate the requirements for Shichidan. The Shihan-Ryu Institute Board of Directors must approve all promotions to these ranks. **The primary requirements for 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> Degree Black Belt are moral character and outstanding service to the Shihan-Ryu Institute, the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION and American Martial Arts.** Questions which the Shihan-Ryu Institute Board of Examiners will discuss regarding candidates for these very high ranks are:

1. Outstanding Moral Character. Is this person honest in word and deed? Does this person possess patience, compassion, courage, and all other virtues listed in the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION Character Development System?
2. Outstanding Service. Has this person made original contributions to the theory of Shihan-Ryu Budo, or in teaching Shihan-Ryu Budo? Is this person actively teaching one or more Shihan-Ryu Budo? **Is this person a National Leader in representing the Shihan-Ryu Institute and the SHIHAN-RYU INSTITUTE OR THE USA KARATE**

**FEDERATION?** How many articles, manuals or books on Shihan-Ryu Karate-Do has this person written?

3. Outstanding Loyalty to the Shihan-Ryu Institute & the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION. Does this person constantly support the Shihan-Ryu Institute & the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION with "**time, talent, & treasure**"? Can this person be counted on in public to stand up for the Mission Statements of the Shihan-Ryu Institute and the SHIHAN-RYU INSTITUTE OR THE USA KARATE FEDERATION?
4. Does this person possess outstanding technique? Can he or she demonstrate all of the Rank Requirements of Shihan-Ryu Karate-Do?

**Note:** Not all candidates will possess outstanding achievement in every area listed. Our Institute & Association should be able to point to every Hachidan and higher rank and tell young people to model their actions and their character after these leaders.