***Shorinji Ryu Seikukan Karate-Jutsu***

***Adult Syllabus***

**White Belt – 9th Kyu**

* **School Creed**
* **Dojo Etiquette**
* **Stances**
  + **Ready Stance – *Yoi Dachi***
  + **Front Stance – *Zenkutsu Dachi***
  + **Seikukan Front Leaning Stance**
  + **Back Stance – *Kou Kutsu Dachi***
  + **Horse (riding) Stance – *Kiba Dachi***
  + **Fighting Stance**
  + **Clinches – Head, Standard, Side**
* **Basic Strikes**
  + **Punches – Vertical, Horizontal, Natural (Mtn Top), Inverted**
  + **Reverse Punch/Lunge Punch (Jab/Cross)**
  + **Hook**
  + **Uppercut/Upset**
  + **Knife-hand – *Shuto Uke***
* **Kicks**
  + **Front Snap/Push/Thrust/Punt – *Mae Geri***
  + **Roundhouse – *Mawashi Geri***
  + **Side Snap/Thrust – *Yoko Geri Kaege***
* **Blocks**
  + **Down - *Gedan***
  + **Inside/Outside Forearm Middle - *Chudan***
  + **High – *Jodan***
  + **Windmill Block - *Mawashi Uke***
* **Kata**
  + **4 Directional 1-4**
* **JuJutsu**
  + **Break Falls/Rolls**
  + **Pummeling/Arm drags**
  + **Osotogari**
  + **Ankle Pick**

**Yellow Belt – 8th Kyu**

* **Includes all previous information**
* **Stances:**
  + **Cat Stance – *Neko Ashi Dachi***
* **Blocks:**
  + **X Block High/Low (purposeful meaning)**
  + **Reinforced Forearm Block (Philly Shelling)**
  + **Parrying/Hallowing**
* **Strikes**
  + **Palmheel Strike (3 levels)**
  + **Spear-hand - *Nukite***
  + **Backfist**
  + **Ridge-Hand**
  + **Hammer Fist**
  + **Elbows 1-9**
* **Kicks**
  + **Back (donkey) – *Ushiro Geri***
  + **Inside/Outside Crescent**
  + **Inside/Outside Axe Kick**
  + **Knees**
    - **Thrusting**
    - **Vertical**
    - **Round**
    - **Switch**
* **Kata Kumite 1**
* **Kata**
  + **Heian Shodan**
* **Bunkai**
  + **Series 1: Movements 1-3**
  + **Series 2: Movements 4-6**
  + **Series 3: Movements 7-9**
* **JuJutsu:**
  + **Ikkyo Wrist Lock**
  + **Kimura Gripping**
  + **Figure 4 Gripping**
  + **Uchimata**
  + **Arm-bar Takedown**
  + **Ude Gatame**
  + **Ude Garuma**

**Orange Belt – 7th Kyu**

* **Includes all previous information**
* **Stance**
  + **Sanchin Stance**
* **Strikes:**
  + **Upward Wrist Strike**
  + **Rising punch (Okinawan upwards snap punch)**
* **Kicks**
  + **Hooks/Spinning Hook – *Ura Mawashi Geri***
  + **Sweeping Kick**
  + **Flip Kick**
  + **Step-Up/Skip Side Kick**
* **Kata Kumite 2**
* **Kata**
  + **Heian Nidan**
* **Bunkai:**
  + **Series 1: Movement 1-3 (Sidekick backfist combo with arm drag)**
    - **Spearing**
  + **Series 2: Shuto movement into throw**
  + **Figure 4 arm lock**
* **JuJutsu:**
  + **Nikyo Basic Wrist Lock**
  + **Ude Garami (Standing Americana)**
  + **Soto Uke Throw**
  + **Pull Guard**
  + **Single/Double Leg Takedown**
  + **Groundfighting (Ne Waza): Guard/Mount/Side/Half Mount**
    - **Shrimping/Wedging**
    - **Buck-Trap-Roll**
    - **Scissor flip/leg shoot (guard)**
    - **Americana (Ude Garami)**

**Green Belt – 6th Kyu**

* **Includes all previous information**
* **Kicks:**
  + **Twist /Oblique Kick**
  + **Calf Kick**
  + **Jump/Spinning Kicks**
* **Kata Kumite 3**
* **Kata**
  + **Heian Sandan**
* **Bunkai:** 
  + **Series 1: Scissor block intro**
    - **Into a clinch**
    - **Clinch arm transition to side clinch**
    - **Alternate: intro is 3-step 4 with an arm break**
  + **Series 2: Movement 11-13 (defense against armbar)**
  + **Series 3: Hip toss**
  + **Series 4: Bear hug**
* **JuJutsu:**
  + **Sankyo Basic Wrist Lock**
  + **Standing triangle (into ground side control)**
  + **Tai Otoshi**
  + **Ma Sutemi Waza - Rear Sacrifice Throw**
  + **Ne waza:** 
    - **Juji Gatame**
    - **Triangle Choke**
    - **Gift Wrap**
    - **Rear Naked Choke**

**Blue Belt – 5th Kyu**

* **Includes all previous information**
* **Kata Kumite 4**
* **Kata**
  + **Heian Yodan**
* **Bunkai:**
  + **Movement 1: Spear with a brachial strike**
  + **Series 2: (From grab) movements 5-7 (armbar)**
  + **Series 3: Movements 11-15**
  + **Series 4: 15-18 (from single hand grab; *backup movement to series 2*) “Z Lock”**
  + **Series 5: (from double hand grab), movements 25-28**
* **JuJutsu:**
  + **Yonkyo Basic Wrist Locks**
  + **Morote Seoi Nage**
  + **Hane Goshi**
  + **O Goshi**
  + **Ne Waza:**
    - **Kimura**
    - **Guillotine**
    - **Knee-over-belly**
    - **Scarf**
    - **Head Lock**

**Purple Belt -4th Kyu**

***\* AT THIS POINT THE STUDENT MUST SHOW PROFICIENCY IN ALL KATAS AND SHOULD BE ABLE TO TEACH THE BASIC INFORMATION TO LOWER RANKS WITH PATIENCE AND UNDERSTANDING.***

* **Includes all previous information**
* **Demonstrate ability to communicate/teach/assist other students**
  + **Provide instruction during class**
* **Kata Kumite 5**
* **Kata**
  + **Heian Godan**
* **Bunkai:**
  + **Series 1: Opening movement from a shirt grab**
  + **Series 2: Movements 8-11 from a single arm grab (same side)**
  + **Series 3: (big jump and landing in X stance) Half shoulder throw from lapel grab (open stance); land in reverse arm lock, leg over side**
  + **Series 4: Movement 13-15**
  + **Series 5: Clean-Movement leg catch (both push and pull)**
* **Practical Defenses**
  + **Front Chokes- Stationary/Push/Single Hand**
  + **Front Wall Choke**
* **JuJutsu:**
  + **Gonkyo Basic Wrist Locks**
  + **Winding Throw – *Ude Guruma Geashi***
  + **Suma Geashi**
  + **Okuri Ashi Barai**
  + **Ouchi Gari**
  + **Ne Waza:**
    - **Reverse arm lock**
    - **Headlock defense transitions**
    - **Turtle**

**Brown Belt Level 3 – 3rd Kyu**

* **Includes all previous information**
* **Demonstrate ability to communicate/teach/assist other students**
  + **Provide instruction for minimum of two classes**
* **Kata Kumite 6**
* **Kata**
  + **Tekki Shodan**
* **Bunkai**
* **Practical Defenses**
  + **Rear Chokes- Stationary/Push/Pull**
  + **Standing Head Lock/Guillotine**
  + **Standing Schoolyard Choke**
  + **Rear Wall Choke**
* **JuJutsu:**
  + **Kote Geashi Wrist Lock**
  + **Kote Geashi Throw**
  + **Harai Goshi**
  + **Hane Goshi**
  + **Kata Garuma**

**Brown Belt Level 2 -2nd Kyu**

***\* AT THIS POINT THE STUDENT MUST BE ABLE TO TRANSITION FROM ONE TECHNIQUE TO ANOTHER SMOOTHLY AND WITH CONFIDENCE. THE STUDENT MUST SHOW PROFICIENCY IN ALL KATAS AND SHOULD BE ABLE TO TEACH THE BASIC KATAS TO LOWER RANKS WITH PATIENCE AND UNDERSTANDING. FURTHERMORE, THE STUDENT MUST BEGIN TO THINK IN CONCEPT AS OPPOSED TO TECHNIQUES. FLUID TRANSITIONS OF ALL TECHNIQUES.***

* **Demonstrate ability to communicate/teach/assist other students**
  + **Provide instruction for minimum of two classes**
* **Includes all previous information**
  + **All Kata**
  + **All wrist locks**
  + **All basics**
  + **All practical defenses**
  + **All Ne Waza (Groundfighting)**
  + **All Nage Wazas**
  + **All Throws**
* **Kata Kumite 7**
* **Kata**
  + **Bassai Sho**
* **Bunkai**
* **Practical Defenses**
  + **Rear Naked Choke Defenses**
  + **Ground Chokes**
  + **Bear Hugs**
  + **Head Slam**
  + **Hair Grab**
* **JuJutsu:**
  + **Kubi Nage**
  + **Tomoe Nage**
  + **Yoko Wakare**
  + **Yoko Sutemi Waza**
* **Provide instruction to classes**

**Brown Belt Level 1 -1st Kyu**

***\*The student will have six months in this belt to sharpen and hone in their skills as a martial artist and as a teacher. Before testing for Shodan, the student must receive unanimous approval from all black belts and instructors.***

* **Includes all previous information**
  + **All Kata & Kata Kumite**
  + **All wrist locks**
  + **All basics**
  + **All practical defenses**
  + **All Ne Waza (Groundfighting)**
  + **All Nage Wazas**
* **Kata**
  + **Bassai Dai**
* **Bunkai:**
* **JuJutsu:**
  + **Perfect movement**
* **Demonstrate ability to work with all levels of students**
  + **Provide instruction to classes**
* **Develop leadership skills**
* **Be able to react quickly to all defenses with fluid movement**

**1st Dan Black Belt –The real beginning of your journey (Shodan)**

* **Demonstrate all previous information (Mastery of the Basics)**
* **Break down movement/meaning from Kata (Bunkai)**
* **Kata:**
  + **Tekki Nidan**
  + **Jiin**
  + **Kanku Sho**
* **Demonstrate one area of specialty/expertise/interest**
* **Black Belt Mentality - Model the behaviors/attitude deserving respect – be a mentor to another student**

**4- Stripe System for Kyu Level Seikukan Adults:**

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* **1st Stripe: Kihon**
* **2nd Stripe: Kata**
* **3rd Stripe: Bunkai**
* **4th Stripe: Waza/JJ**

**ADDITIONAL INFO:**

**Waza Drills**

1. **Kote Geashi from a shirt grab, trap (stun/distract) into a KG knee on Tricept**
2. **From (R) cross, Into standing triangle – finish in side control triangle ground**
3. **From a single hand (R) Push; X block high into armbar; finish with RN Choke**
4. **From (R) Haymaker, Spear, Kimura Grip, bring under into a winding throw, drop to knee and throw**
5. **Straight Punch or Grab – 2 Hand arm pop, turn to standing armbar, kick back leg out, Knee over Triceps**
6. **Double hand push – split arms into clinch, Osotogari; finish with Juji**
7. **From cross, serve platter into a RN Choke, Drop and sit – dig hooks in**
8. **From haymaker – use momentum into Morote Soei Nage; kick to head**
9. **From cross (or SP jab); (cover and chop) turn neck around into Osotogari; finish with an Ude Getame arm break Knee/Belly.**
10. **From Haymaker– Kubi Nage (neck throw); end in side control (Drop to one knee if desired)**

**Blocking Set 1 & 2**

**Kicking Set 1**

**Jo Kata**

**Block Attacks 1 – 9**

**Boxing Combos 1-10**

* **1: Jab**
* **2: Jab, Cross**
* **3. Jab, Cross, Hook**
* **4: Jab, Cross, Low Hook, High Hook, Uppercut**
* **5: Jab, Cross, Jab (Bob/Weave) Overhand Cross**
* **6: SP – Cross, Hook, Cross**
* **7: SP – Overhand, Uppercut, Overhand**
* **8: SP – Cross, BHook, HHook, Cross**
* **9: SP – Cross, Uppercut, Uppercut, HHook**
* **10: SP – Jab, Cross, Low Hook, High Hook, Cross**

**THROWS/TAKEDOWNS**

**1. Ankle Pick**

**2. Armbar Takedown (circular motion)**

**3. Hane Goshi – loin throw to front knee**

**4. Harai Goshi – Outside Sweeping Loin Throw**

**5. Kata Garuma – fireman throw**

**6. Kote Geashi – outside hand wrist throw**

**7. Kubi Nage - Neck Throw (may drop to knee)**

**8. Leg Takedowns (single & double)**

**9. Ma Sutemi Waza – rear supine/sacrifice throw**

**10. Morote Seoi Nage - Half Shoulder Throw (may drop to knee)**

**11. O-Goshi - Full Shoulder Throw (feet off the ground)**

**12. Okuri Ashi Barai (foot sliding throw)**

**13. Osotogari - Hip Throw (Three Variants: straight leg back, at hip and downwards leg stomp)**

**14. Ouchi Gari – Inner leg reap going forward**

**15. Pull Guard**

**16. Soto Uke Throw**

**17. Suma Geashi -monkey throw**

**18. Tai Otoshi -Body Drop**

**19. Tomoe Nage – Dropping Throw – foot into stomach and toss over**

**20. Uchimata – inside leg reap (hips away)**

**21. Ude Garami – (Standing Americana)**

**22. Ude Getame – Straight standing armbar, pressing downward at elbow (usually done from shoulder)**

**23. Ude Guruma – Straight standing armbar, pressure going upwards from elbow (figure 4)**

**24. Winding Throw off of Kimura grip**

**25. Yoko Sutemi Waza – side sacrifice throw**

**26. Yoko Wakare (frontal body drop throw)**