

The following jujutsu/karate kata requirements have been reviewed and approved by Mr. Leo D. Wilson, Chairman of the Board of Directors, and Mr. Ronald L. Rogers, Technical Director.

Senior (Seinen) Ranks		Required Kata	Optional Kata
9. Kukyu	White Belt	1, 2, A	1, 2, 3, 4, A
8. Hachikyu	Yellow Belt	3, 4, B	5, 6, 7, 8, B
7. Shichikyu	Orange Belt	5, 6, C, D	9, 10, 11, 12, 13, C
6. Rokkyu	Green Belt	7, 8, 9, E	14, 15, 16, D
5. Gokyu	Blue Belt	10, 11, 12, F	19, 20, 21, E
4. Yonkyu	Purple Belt	13, 14, G	23, 24, F, G
3. Sankyu	Brown-1 Black Stripe	15, 16, H, ESP	25, 26, 27, H
2. Nikyu	Brown-2 Black Stripes	17, 30, ESP	17, 18, 36
1. Ikkyu	Brown-3 Black Stripes	19, 20, ESP	30, 31, 37
1st, Shodan	Black-1 White Stripe	18, 21, ESP	28, 29, 32
2nd, Nidan	Black-2 White Stripes	24, 25	33, 34
3rd, Sandan	Black-3 White Stripes	23, 27, 32	38, 35, 22
4th through 9th		As determined by Black Belt Board of Directors	

Junior (Yonen/Shonen) Ranks		Required Kata	Optional Kata
1. Ichimon	White Belt	1, 2	1,2
2. Nimon	Yellow-White Stripe	3, 5, A	3, 4, A
3. Sanmon	Orange-White Stripe	4, 8, B	5, 6, B
4. Yomon	Green-White Stripe	6, 7, C	7, 8, 9, C
5. Gomon	Blue-White Stripe	9, 10, D	10, 11, D
6. Rokuman	Purple-White Stripe	11, E	12, 13, 14, E
7. Shichimon	Brown-White Stripe	12, F, ESP	15, 16, 17, F
8. Hachimon	Brown-Yellow Stripe	13, G, ESP	30, 19, 20, G
9. Kumon	Brown-Orange Stripe	14, H, ESP	18, 21, H
10. Jumon	Brown-Green Stripe	15, ESP	24, 25
11. Juichimon	Brown-Blue Stripe	16, ESP	27
12. Junimon	Brown-Purple Stripe	19, ESP	32
Conversion to Senior (Seinen) Rank		As determined by individual instructor	

1. Taikyoku 1	14. Tekki 1	27. Jutte	A. Te Kata 1
2. Taikyoku 2	15. Tekki 2	28. Sanchin	B. Keri Kata 1
3. Taikyoku 3	16. Tekki 3	29. Seisan	C. Keri Kata 2
4. Chon Ji	17. Saiha	30. Tensho	D. Renkoho Kata 1
5. Taikyoku 4	18. Seiuchin	31. Yantsu	E. Keri Kata 5
6. Taikyoku 5	19. Bassai Dai	32. Hangetsu	F. Keri Kata 4
7. Taikyoku 6	20. Kanku Dai	33. Nijushiho (Niseishi)	G. Te Kata 2
8. Kuc Moo 1	21. Kanku Sho	34. Gojushiho (Useishi)	H. Renkoho Kata 2
9. Heian 1	22. Unsu (Unshu)	35. Chinte	
10. Heian 2	23. Gankaku	36. Ten no Kata Omote (Te Kata 3)	
11. Heian 3	24. Empi (Enbi)	37. Shichidan Renshuho Keri no Kata (Keri Kata 3)	
12. Heian 4	25. Jiin	38. Sochin	ESP Extra Sparring
13. Heian 5	26. Jion		

Leo D, Wilson, Chairman of the Board

Ronald L. Rogers, Technical Director

ICHIMON (1st MON) -- Time in Grade: 2months/32 hours

- |     |   |                                   |
|-----|---|-----------------------------------|
| I.  | Juho -- Ukemi                                       | Passive System -- Breakfalls      |
|     | A. Zempo ukemi (mae uekmi)                          | Front Falls                       |
|     | B. Sokuho ukemi (yoko ukemi)                        | Side Falls                        |
|     | C. Koho ukemi (ushiro ukemi)                        | Rear Falls                        |
| II. | Goho  | Active System                     |
|     | A. Tsuki/Sashi waza                                 | Punching and Thrusting techniques |
|     | 1. choku zuki                                       | straight punch                    |
|     | 2. oi zuki  | lunch punch                       |
|     | 3. gyaku zuki                                       | reverse punch                     |
|     | B. Uke waza   | Blocking techniques               |
|     | 1. gedan barai                                      | down block                        |
|     | 2. uchi (ude) uke                                   | inside-out block                  |
|     | C. Keri waza  | Kicking techniques                |
|     | 1. mae geri (keage)                                 | front (snap) kick                 |
|     | 2. yoko geri kekomi                                 | side thrust kick                  |
|     | D. Kata (same as for competitor and non-Competitor) | Forms                             |
|     | 1. taikyoku shodan                                  | taikyoku I                        |
|     | 2. taikyoku nidan                                   | taikyoku II                       |

NIMON (2nd MON) -- time in Grade: 2 months/32 hours; Total: 4 months/64 hours

- |     |                               |   |
|-----|-------------------------------|---|
| I.  | Juho                          | Passive System                            |
|     | A. Goshin jutsu               | Self defense                              |
|     | 1. tate osae                  | schoolboy pin                             |
|     | 2. yotsubai kyohaku           | riding for humiliation                    |
|     | 3. osae tsukami jime          | choke while pinning                       |
|     | 4. dakikubi                   | head lock                                 |
|     | 5. kumitsuki                  | bear hug                                  |
|     | B. Torite hodoki              | Escapes from grips                        |
|     | 1. yori hodoki                | pull against the thumb                    |
|     | 2. tsuki hodoki               | push against the thumb                    |
|     | 3. kiri hodoki                | cut against the thumb                     |
|     | 4. kiki gaeshi hodoki         | cutting overturn against the thumb        |
|     | 5. johaku hodoki              | pressing against the arms                 |
|     | 6. kusabi uke                 | wedging against the arms                  |
| II. | Goho                          | Active System                             |
|     | A. Uchi waza                  | Striking techniques                       |
|     | 1. shuto yokomawashi uchi (2) | horizontal striking with the knife hand   |
|     | 2. shuto tatemawashi uchi     | vertical striking with the knife hand     |
|     | B. Yoko geri (2)              | Side kick (two variations -- taka/kekomi) |
|     | C. Kata                       | Forms                                     |
|     | 1. kumite kata                | for those who spar                        |
|     | a. taikyoku sandan            | taikyoku III                              |
|     | b. taikyoku yodan             | taikyoku IV                               |
|     | c. te kata shodan             | hand kata I                               |
|     | 2. mukumite kata              | for those who do not spar                 |
|     | a. taikyoku sandan            | taikyoku III                              |
|     | b. chon ji                    | heaven and earth                          |
|     | c. te kata shodan             | hand kata I                               |

SANMON (3rd MON) -- Time in Grade: 2 mos/32 hrs; Total: 6 mos/ 96 hrs

I. Juho	Passive System
A. Ukemi (5)	Breakfalls (5 variations of each)
B. Nage waza	Throwing techniques
1. yoko tai otoshi	side body drop
2. soto morote gari	outside two-handed reap
3. ouchi kuchiki daoshi	o uchi gari from mae ashi
C. Katame waza	Grappling techniques
1. hadaka jime I (2)	naked choke I (2 variations)
2. hadaka jime II	naked choke II (from the front)
3. kote gaeshi	wrist out-turn
4. kote kudaki	wrist turn-in
5. yuki chigai	twisting the wrist
II. Goho	Active System
A. Renzoku renshuho	Walks
B. Tsuki/Sashi waza (3 levels)	Punching/Thrusting (upper; middle; lower)
C. Uchi waza	Striking techniques
1. yoko mawashi uraken uchi	rack hand
2. uraken furi uchi	reverse rack
D. Jodan age uke	Up-rising block
E. Keri waza	Kicking techniques
1. mae geri (4)	front kick (4 variations)
2. yoko geri (3)	side kick (3 variations)
3.shintai geri	displacement kick
F. Kata	Forms
1. kumite kata	For those who spar
a. chon ji	heaven and earth
b. kuk moo I	kuk moo I
c. keru kata shodan	kick kata I
2. mukumite kata	for those who do not spar
a. taikyoku yodan	taikyoku IV
b. taikyoku godan	taikyoku V
c. keru kata shodan	kick kata I

YO(N)MON/SHIMON (4th MON) -- Time in Grade: 2 mos/32 hrs; Total: 8 mos/128 hrs.

I. Juho	Passive System
A. Orenai te (3)	Unbendable arm (three variations)
NOTE: The three variations are kagite shuho; tsuitate shuho; sankaku shuho.	
B. Ko soto gake (O soto gake)	major outer hook (jujutsu version)
C. kansetsu waza	Joint locks
1. ude garami I -- V	upper arm wrap
II. Goho	Active system
A. Uke waza	Blocking techniques
1. soto (ude) uke	outside-in block
2. uchikomi	outside-in with hammerfist
B. Kata	Forms
1. kumite kata	for those who spar
a. taikyoku godan	taikyoku V
b. taikyoku rokudan	taikyoku VI
c. keru kata nidan	kick kata II

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>2. mukumite kata           <ul style="list-style-type: none"> <li>a. "b" and "c"</li> <li>b. kuk moo I</li> <li>c. heian shodan</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>for those who do not spar</li> <li>taikyoku VI and kick kata II</li> <li>kuk moo I</li> <li>heian I</li> </ul> |
|---|---|

GOMON (5th MON) -- Time in Grade: 2 mos/32 hrs; Total: 10 mos/160 hrs.

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>I. Juho           <ul style="list-style-type: none"> <li>A. Nage waza               <ul style="list-style-type: none"> <li>1. ushiro katate nage omote</li> <li>2. kuchiki daoshi (mae ashi - 2)</li> <li>3. ko soto gari</li> </ul> </li> <li>B. Hiji kansetsu waza               <ul style="list-style-type: none"> <li>1. juji gatame I</li> <li>2. juji gatame III</li> <li>3. ude gatame/kata ha gaeshi</li> <li>4. hikitate renko</li> </ul> </li> </ul> </li> <li>II. Goho           <ul style="list-style-type: none"> <li>A. Uchi waza               <ul style="list-style-type: none"> <li>1. tettsui tate mawashi uchi</li> <li>2. tettsui yokomawashi uchi</li> <li>3. suihei shuto uchi</li> </ul> </li> <li>B. Uke waza               <ul style="list-style-type: none"> <li>1. morote uke (2)</li> <li>2. juji uke (3/3 levels)</li> </ul> </li> <li>C. Kata               <ul style="list-style-type: none"> <li>1. kumite kata                   <ul style="list-style-type: none"> <li>a. heian shodan</li> <li>b. heian nidan</li> <li>c. renkoho kata shodan</li> </ul> </li> <li>2. mukumite kata                   <ul style="list-style-type: none"> <li>a. heian nidan</li> <li>b. heian sandan</li> <li>c. renkoho kata shodan</li> </ul> </li> </ul> </li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Passive System</li> <li>Throwing techniques</li> <li>inside-out throw to the rear</li> <li>two variations of the dead tree drop</li> <li>minor outer reap</li> <li>Joint locks against the elbow</li> <li>cross lock I</li> <li>cross lock III</li> <li>armlock/single wing turnover</li> <li>pulling up armlock</li> <li>Active System</li> <li>Striking techniques</li> <li>downward strike with the hammer fist</li> <li>sideward strike with the hammer fist</li> <li>twin knife hand to the side</li> <li>Blocking technique</li> <li>two variations of the twin hand block</li> <li>three variations/three levels/ "X" block</li> <li>Forms</li> <li>forms for those who spar</li> <li>heian I</li> <li>heian II</li> <li>linked (punch-block) kata I</li> <li>forms for those who do not spar</li> <li>heian II</li> <li>heian III</li> <li>linked (punch-block) kata I</li> </ul> |
|---|--|

ROKUMON (6th MON) -- Time in Grade: 2 mos/32 hrs; Total: 1 yr/192 hrs

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>I. Juho           <ul style="list-style-type: none"> <li>A. Nage waza               <ul style="list-style-type: none"> <li>1. hiza guruma (2)</li> <li>2. o goshi</li> <li>3. o soto gari</li> </ul> </li> <li>B. Kote kansetsu waza               <ul style="list-style-type: none"> <li>1. tekubi dori ni (2)</li> <li>2. ura kote gaeshi</li> </ul> </li> </ul> </li> <li>II. Goho           <ul style="list-style-type: none"> <li>A. Henkei</li> <li>B. Kata               <ul style="list-style-type: none"> <li>1. kumite kata                   <ul style="list-style-type: none"> <li>a. heian sandan</li> <li>b. keru kata godan</li> </ul> </li> </ul> </li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Passive System</li> <li>Throwing techniques</li> <li>knee wheel (two variations --front/rear)</li> <li>major loin</li> <li>major outer reap</li> <li>Wrist jointlocks</li> <li>two variations of bent wristlock (2)</li> <li>reversed wrist out-turn</li> <li>Active System</li> <li>Variations of all preceding techniques</li> <li>Forms</li> <li>forms for those who spar</li> <li>heian III</li> <li>kick kata (ground kata) V</li> </ul> |
|--|--|

- |                    |                                 |
|--------------------|---------------------------------|
| 2. mukumite kata   | forms for those who do not spar |
| a. heian yodan     | heian IV                        |
| b. heian godan     | heian V                         |
| c. tekki shodan    | tekki I                         |
| d. keru kata godan | kick kata V                     |

SHICHIMON (7th MON) -- Time in Grade: 2 mos/32 hrs; Total: 14 mos/224 hrs

- |                             |  |
|-----------------------------|--|
| I. Juho                     | Passive System   |
| A. Nage waza                | Throwing techniques                                      |
| 1. ippon seoi nage          | one-point back-carry throw                               |
| 2. gyakute seoi nage        | reversed arm back-carry throw                            |
| 3. tembin nage              | scale throw  |
| B. Torite hodoki            | Release from grips                                       |
| 1. maki hodoki              | release by winding with the knife-hand                   |
| 2. oshi hodoki              | release by pushing with the knife-hand                   |
| 3. juji hodoki              | release by crossing the elbow over uke's                 |
| 4. nidan hodoki             | release in two stages                                    |
| 5. oshikiri hodoki          | release by pushing up and cutting with<br>the knife hand |
| II. Goho                    | Active System  |
| A. Kata                     | Forms  |
| 1. kumite kata              | forms for those who spar                                 |
| a. heian yodan              | heian IV   |
| b. keru kata yodan          | kick kata (displacement kata) IV                         |
| 2. mukumite kata            | kata for those who do not spar                           |
| a. tekki nidan              | tekki II   |
| b. tekki sandan             | tekki III  |
| c. saiha                    |  |
| d. keru kata yodan          | kick kata IV   |
| B. ESP (for those who spar) | Extra sparring   |

HACHIMON (8th MON) -- Time in Grade: 2 mos/32 hrs; Total: 16 mos/256 hrs

- |  |   |
|--|---|
| I. Juho                                    | Passive System                            |
| A. Nage waza                               | Throwing techniques                       |
| 1. o soto guruma                           | major outer wheel                         |
| 2. fumikomi o uchi gari                    | stepping-in o uchi gari                   |
| 3. ko uchi gari                            | minor inner reap                          |
| B. Hiji kansetsu waza                      | Joint locks against the elbow             |
| 1. gyaku tekubi                            | reversal (against the arm) from the wrist |
| 2. kannuki gatame (tachi ude<br>garami IV) | bar lock (standing arm wrap IV)           |
| II. Goho                                   | Active System                             |
| A. Kata                                    | Forms                                     |
| 1. kumite kata                             | forms for those who spar                  |
| a. heian godan                             | heian V                                   |
| b. te kata nidan                           | hand kata II                              |
| 2. mukumite kata                           | for those who do not spar                 |
| a. tensho                                  | covering hands                            |
| b. bassai dai                              | large form of bassai                      |
| c. kanku dai                               | large form of kanku                       |
| d. te kata nidan                           | hand kata II                              |

B. ESP (for those who spar)

Extra sparring

KUMON (9th MON) -- Time in Grade: 2 mos/32 hrs; Total: 1 1/2 yrs/288 hrs

I. Juho

- A. Ashi kansetsu waza
  - 1. kata ashi hishigi (3)
  - 2. ryo ashi hishigi (3)
  - 3. ashi garami

Passive System  
Jointlocks against the legs/ankles  
jointlock against one ankle (three variations -- standing; turning; lying)  
jointlock against both ankles (three variations -- standing; turning; lying)  
leg wrap

II. Goho

- A. Kata
  - 1. kumite kata
    - a. tekki shodan
    - b. renkoho kata nidan
  - 2. mukumite kata
    - a. seiuchin
    - b. kanku
    - c. renkoho kata nidan
- B. ESP (for those who spar)

Active System  
Forms  
for those who spar  
tekki I  
linked kata (punch-kick from the mat) II  
forms for those who do not spar  
fifteen battles  
small form of kanku  
linked kata II  
Extra sparring

JUMON (10th MON) -- Time in Grade: 2 mos/32 hrs; Total: 20 mos/320 hrs

I. Juho

- A. Nage waza
  - 1. mae ashi dori kata guruma
  - 2. ganseki dome
  - 3. kawazu gake (2)
- B. Katame waza
  - 1. okuri eri jime I
  - 2. okuri eri jime II
  - 3. waki gatame

Passive System  
Throwing techniques  
shoulder wheel from mae ashi  
rock stopping  
frog hooking (two variations -- inside; outside)  
Grappling techniques (chokes/jointlocks)  
sliding lapel choke I  
sliding lapel choke II  
armpit armlock

II. Goho

- A. Tsuki/Sashi waza
  - 1. awase-, yama- zuki
  - 2. nihon nukite zuki
- B. Uke waza
  - 1. joge uke
  - 2. harai otoshi
- C. Kata
  - 1. kumite kata
    - a. tekki nidan
  - 2. mukumite kata
    - a. enbi
    - b. jiin
- D. ESP (for those who spar)

Active System  
Thrusting/Stabbing techniques  
combined-, mountain- thrust  
two-finger spear-hand to the eyes  
Blocking techniques  
two-level block (uchi uke/gedan barai)  
sweeping drop (with hammer fist or palmheel)  
Forms  
for those who spar  
tekki II  
forms for those who do not spar  
flying swallow  
temple kata  
Extra sparring

JUICHIMON (11th MON) -- Time in Grade: 2 mos/32 hrs; Total: 22 mos/352 hrs

- |                             |   |
|-----------------------------|---|
| I. Juho                     | Passive System                              |
| A. Nage waza                | Throwing techniques                         |
| 1. ryo ashi katate gari     | one-handed reap against both legs           |
| 2. hiza basami              | scissors with the feet against the knee     |
| B. Sekizui kansetsu waza    | Jointlocks against the spine                |
| 1. hachi mawashi            | flower-pot turning                          |
| 2. kubi hishigi             | neck crush                                  |
| 3. tomoe hishigi            | circling crush                              |
| II. Goho                    | Active System                               |
| A. tobi geri waza           | flying jump kicks                           |
| 1. mae tobi geri            | front flying kick                           |
| 2. yoko tobi geri           | side flying kick                            |
| 3. nidan tobi geri          | two-level flying kick (both feet alternate) |
| 4. moroashi tobi geri       | two foot flying kick (front and side)       |
| B. Kata                     | Forms                                       |
| 1. kumite kata              | for those who spar                          |
| a. tekki sandan             | tekki III                                   |
| 2. mukumite kata            | for those who do not spar                   |
| a. jutte                    | ten hands                                   |
| C. ESP (for those who spar) | Extra sparring                              |

JUNIMON (12th MON) -- Time in Grade: 2 mos/32 hrs; Total: 2 yrs/384 hrs

- |                                      |   |
|--------------------------------------|---|
| I. Juho                              | Passive System                              |
| A. Nage waza                         | Throwing techniques                         |
| 1. hangetsu kubi nage                | crescent neck throw                         |
| 2. de ashi barai                     | advancing foot sweep                        |
| 3. o soto gaeshi                     | o soto gari against o soto gari             |
| 4. yotsu koshi nage                  | locked (major) hip throw                    |
| 5. tomoe nage                        | circle throw                                |
| 6. age ashi yoko wakare              | wide separation by lifting the foot         |
| 7. taka uki waza                     | high floating throw                         |
| B. Katame waza (shime/kansetsu waza) | Grappling techniques (chokes/jointlocks)    |
| 1. kata ha jime (2)                  | two variations of single wing choke         |
| 2. ue ude garami/kakaete makigaeshi  | upper arm wrap/winding armlock by hooking   |
| 3. shishidori (2)                    | enfolding the 4 fingers (wrapping/locking)  |
| 4. moroyubi dori kote jime           | wrist lock combined with two finger lock    |
| II. Goho                             | Active System                               |
| A. Uchi waza: empi uchi (2)          | Two variations of elbow strikes (rear/side) |
| B. Uke waza                          | Blocking techniques                         |
| 1. sukui uke (2 -- inside/outside)   | two variations of scooping block            |
| 2. hasami uke                        | scissors block against side kick            |
| C. Keri waza: nidanshintai geri      | Double displacement kick                    |
| D. Undo                              | Exercises                                   |
| 1. sabake geri undo                  | kicks while turning 90°                     |
| 2. oushi undo                        | kick after pawing like a bull               |
| E. Kata                              | Forms                                       |
| 1. kumite kata                       | forms for those who spar                    |
| a. bassai ai                         | large form of bassai                        |
| 2. mukumite kata                     | forms for those who do not spar             |
| a. hangetsu                          | half moon                                   |
| F. ESP (for those who spar)          | Extra sparring                              |

# KUKYU (9th Kyu) **JUJUTSU**/KARATE REQUIREMENTS -- WHITE BELT

Time in Grade: 1 month/16 hours

- |     |                              |                                      |
|-----|------------------------------|--------------------------------------|
| I.  | Juho.                        | Passive System                       |
|     | A. Ukemi                     | Breakfalls                           |
|     | 1. zempo ukemi (mae ukemi)   | forward breakfalls                   |
|     | 2. sokuho ukemi (yoko ukemi) | sideward breakfalls                  |
|     | 3. koho ukemi (ushiro ukemi) | rearward breakfalls                  |
|     | B. Orenai te                 | Ki arm                               |
|     | 1. <b>kagite</b> shuho       | hooked hand ki arm method            |
|     | 2. tsuitate shuho            | lowered hand ki arm method           |
|     | 3. sankakute shuho           | braced hand ki arm method            |
| II. | Goho                         | Active System                        |
|     | A. Tsuki waza/Sashi waza     | Punching /Thrusting techniques       |
|     | 1. choku zuki                | straight punch                       |
|     | 2. oi zuki                   | lunge punch                          |
|     | 3. gyaku zuki                | reverse punch                        |
|     | B. Uchi waza                 | Striking techniques                  |
|     | 1. shuto yoko mawashi uchi   | knife-hand side turning strike       |
|     | a. soto yoko mawashi uchi    | outside-in side turning strike       |
|     | b. uchi yoko mawashi uchi    | inside-out side turning strike       |
|     | C. Uke waza                  | Blocking techniques                  |
|     | 1. gedan barai               | down block                           |
|     | 2. uchi ude uke (uchi uke)   | inside-out block                     |
|     | D. Keri waza                 | Kicking techniques                   |
|     | 1. mae geri keage (mae geri) | front snap kick                      |
|     | 2. yoko geri                 | side kick                            |
|     | a. yoko geri kekomi          | side thrust kick                     |
|     | b. taka yoko geri            | high (swing) side kick               |
|     | E. Kata/Hyung                | Forms                                |
|     | 1. kumite kata               | kata for those who spar              |
|     | a. taikyoku                  | primordial principle of the universe |
|     | 1) taikyoku shodan           | taikyoku I                           |
|     | 2) taikyoku nidan            | taikyoku II                          |
|     | b. te kata shodan            | hand kata I (jujutsu)                |
|     | 2. mukumite kata             | kata for those who do not spar       |
|     | a. taikyoku shodan           | taikyoku I                           |
|     | b. taikyoku nidan            | taikyoku II                          |
|     | c. taikyoku sandan           | taikyoku III                         |
|     | d. chon-ji                   | heaven and earth (tae kwon do)       |
|     | e. te kata shoda             | hand kata I                          |

NOTE: The following options are presented to each club instructor of nidan or lower: The first three Sr. ranks may be waived wholly or in part at the discretion of the club instructor. A student's first rank may be kyu (no waiver), hachikyu (waiver of one rank), schichikyu (waiver of two ranks) or rokkyu (waive of three ranks). An instructor of sandan or higher may waiver all ranks through purple belt, although such promotions would be rare. Regardless of the instructor's rank, no waiver is required; the **instructor** may follow the grading system exactly as **outlined** and, in certain instances, extend the time if deemed necessary. In general, all students who spar will attain promotions somewhat sooner than those who do not; **non**-sparrers should be required to wait the full time between promotions without waivers.



# HACHIKYU (8th Kyu) JUJUTSU/KARATE REQUIREMENTS -- YELLOW BELT

Time in Grade: 1 month/16 hours -- Total: 2 months/32 hours.

- I. Juho  
A. Ukemi  
Passive System  
Breakfalls  
Students will be required to do five variations of each of the falls required for kyu.  
B. Nage waza  
Throwing techniques  
1. yoko tai otoshi  
side body drop  
2. soto morote gari  
outer two-handed reap  
3. ko soto gake (o soto gake)  
major outer hook  
4. **ouchi** kuchiki daoshi  
major inner reap from a leg scoop  
C. Katame waza  
Grappling techniques  
1. hadaka jime I (two variations)  
naked choke I (ushiro hadaka jime)  
2. hadaka jime II  
naked choke II (mae hadaka jime)  
3. ude garami I  
arm twist I (hontai ude garami)  
4. ude garami II  
arm twist II (hantai ude garami)  
5. ude garami III  
arm twist III (kuzure shita ude garami)  
6. juji gatame I  
cross lock I (hontai juji gatame)  
7. kote gaeshi  
wrist out turn  
8. kote kudaki (kote hishigi)  
wrist crush (kote mawashi)  
9. yuki chigai  
wrist twist (kote hineri)
- II. Goho  
Active System  
A. Renzoku renshuho  
Walks  
Walks may be done with any of the various techniques  
B. Tsuki/Sashi waza  
Punching/Thrusting techniques  
These may be done at jodan(upper), chudan (middle) or gedan (lower).  
C. Uchi waza  
Striking techniques  
1. yoko mawashi uraken uchi  
side turning backfist strike (rack hand)  
2. uraken furi uchi  
backfist swinging strike (reverse rack)  
D. Uke waza  
Blocking techniques  
1. soto ude uke (ude uke)  
outside-in block (with the forearm)  
2. uchikomi  
outside-in block (with the hammer-fist)  
3. jodan age uke  
upper-level rising block (up rising)  
E. Keri waza  
Kicking techniques  
1. mae geri (4)  
front kick (four variations)  
Variations are: kinteki - groin; keage - snap; kekomi - thrust; taka - high swing.  
2. yoko geri (3)  
side kick (three variations)  
Variations are: keage - snap; kekomi - thrust; taka - high swing  
3.shintai geri  
displacement kick  
F. **Kata**/Hyung  
Forms  
1. kumite kata  
kata for those who spar  
a. taikyoku sandan  
taikyoku III  
b. chon ji  
heaven and earth  
c. keri kata shodan  
kick kata I (jujutsu)  
2. nukumite kata  
kata for those who do not spar  
a. taikyoku yodan  
taikyoku IV (taikyoku jodan ni)  
b. taikyoku godan  
taikyoku V (taikyoku chudan ni)  
c. taikyoku rokudan  
taikyoku VI  
d. kuc moo I (kuk mu I)  
kuk moo I (tae kwon do)  
e. keri kata **shodan**  
kick kata I

SHICHIKYU (7th Kyu) **JUJUTSU**/KARATE REQUIREMENTS -- ORANGE BELT

Time in Grade: 1 month/16 hours -- Total: 3 months/48 hours.

- |     |  |   |
|-----|--|---|
| I.  | Juho   | Passive System                            |
|     | A. Nage waza   | Throwing techniques                       |
|     | 1. ushiro katate nage omote  | rear "inside-out" throw                   |
|     | 2. kuchiki daoshi (mae ashi) (2)   | dead tree drop (shimoku) (two variations) |
|     | Variations: kyoshi - kneeling; tachi - standing.   |   |
|     | 3. ko soto gari  | minor outer reap                          |
|     | B. Katame waza   | Grappling techniques                      |
|     | 1. ude garami III-A  | arm twist III-A                           |
|     | 2. ude garami IV   | arm twist IV (hantai ude kujiki)          |
|     | 3. ude garmi V   | arm twist V (shita ude garami)            |
|     | 4. juji gatame III   | cross lock III (ura juji gatame)          |
|     | 5. kata ha gaeshi (ude gatame)   | single wing turnover (arm lock)           |
|     | 6. hikitate renko  | armlock with arm against neck             |
| II. | Goho   | Active System                             |
|     | A. Uchi waza   | Striking techniques                       |
|     | 1. tettsui tate mawashi uchi   | hammer fist vertical turning strike       |
|     | 2. tettsui yoko mawashi uchi   | hammer fist side turning strike           |
|     | 3. suihei shuto uchi   | single knife hand                         |
|     | B. Uke waza  | Blocking techniques                       |
|     | 1. morote uke (sasae uke) (2)  | twin fist block (two variations)          |
|     | Variations are: soe ken - prop with fist; soe sho - prop with open hand  |   |
|     | 2. juji uke (2/3)  | "X" block (two variations/three levels)   |
|     | Variations are the same as for morote uke; three levels are: jodan juji uke- upper level X block; yoko juji uke - side (middle level) X block; gedan juji uke - lower level X block. |   |
|     | C. Kata/Hyung  | Forms                                     |
|     | 1. kumite kata   | kata for those who spar                   |
|     | a. taikyoku yodan  | taikyoku IV                               |
|     | b. taikyoku godan  | taikyoku V                                |
|     | c. keru kata nidan   | kick kata II                              |
|     | d. renkoho kata shodan   | linked kata I (block/punch)               |
|     | 2. mukumite kata   | kata for those who do not spar            |
|     | a. heian   | safety and peacefulness                   |
|     | 1) heian shodan  | heian I                                   |
|     | 2) heian <b>nidan</b>  | heian II                                  |
|     | 3) heian <b>sandan</b>   | heian III                                 |
|     | 4) heian <b>yodan</b>  | heian IV                                  |
|     | 5) heian <b>godan</b>  | heian V                                   |
|     | b. keru kata nidan   | kick kata II                              |

NOTE: As this is the last rank that may be fully waived by nidan and below, it is recommended that if kukyu, hachikyu and shichikyu are all waived, time in grade for sankyu should be the full 6 months; if only kukyu and hachikyu are waived, sankyu may be award after 5 months in grade; waiver of kukyu alone should require 4 months; no waiver would indicate that sankyu could be awarded after 3 months in grade. In no instance, by nidan and below or sandan and above, is any waiver mandatory: Regardless of the rank of the instructor, no student may be given any rank for which he is not ready; the ability of the student will be determined by the individual instructor, who may decide to extend the time in grade as long as triple the time required (this would be unusual, and were it done too often, a study should be made of both instructor and student).

# ROKKYU (6th Kyu) **JUJUTSU**/KARATE REQUIREMENTS -- GREEN BELT

Time in Grade: 3 months/52 hours -- Total: 6 months/100 hours.

- |     |  |  |
|-----|--|--|
| I.  | Juho                                   | Passive System   |
| A.  | Nage waza                              | Throwing techniques  |
| 1.  | hiza guruma                            | knee wheel   |
| a.  | mae hiza guruma                        | front kneel wheel  |
| b.  | ushiro hiza guruma                     | rear knee wheel  |
| 2.  | seoi nage                              | back carry throw   |
| a.  | ippon seoi nage                        | one point shoulder throw                                     |
| b.  | gyakute zeoi<br>(ude gatame zeoi nage) | shoulder throw with an arm lock                              |
| c.  | tembin nage                            | scale throw  |
| 3.  | o goshi                                | major loin/hip   |
| 4.  | o soto gari                            | major outer reap   |
| B.  | Katame waza                            | Grappling techniques   |
| 1.  | tekubi dori ni                         | come along wrist lock "B"                                    |
| a.  | mae tekubi dori ni                     | come along from the front                                    |
| b.  | ushiro tekubi dori ni                  | come along from the rear                                     |
| 2.  | ura kote gaeshi                        | reversed kote gaeshi (kote make gaeshi)                      |
| C.  | Torite hodoki                          | Releases from body grasps                                    |
| 1.  | yoru hodoki                            | escape by advancing (yoru nuki)                              |
| 2.  | kiri hodoki                            | escape by cutting with shuto (kiri nuki)                     |
| 3.  | kiri gaeshi hodoki                     | escape by over turning with shuto<br>(kiri gaeshi nuki)      |
| 4.  | johaku hodoki                          | vertical drop release (johaku nuki)                          |
| 5.  | oshikiri hodoki                        | release by pushing and cutting with shuto<br>(oshikiri nuki) |
| II. | Goho: Kata/Hyung                       | Active Systems: Forms  |
| A.  | Kumite kata                            | Kata for those who spar                                      |
| 1.  | taikyoku rokudan                       | taikyoku VI  |
| 2.  | kuk moo I                              | kuk moo I  |
| 3.  | heian shodan                           | heian I  |
| 4.  | keri kata godan                        | kick kata V  |
| B.  | Mukumite kata                          | Kata for those who do not spar                               |
| 1.  | tekki                                  | iron horseman  |
| a.  | tekki shodan                           | tekki I  |
| b.  | tekki nidan                            | tekki II   |
| c.  | tekki sandan                           | tekki III  |
| 2.  | renkoho kata shodan                    | linked kata I (block/punch)                                  |

NOTE: Although this rank as well as the two following may be waived **partially**, or in full, by a sandan or higher, consideration should be given such a promotion. The student could be hindered as much, or more, by over promotion as by under promotion, and this should be taken into consideration by the instructor. Though the nidan and below is not able to directly waive this rank or the next two, he may request that a sandan or above observe the exceptional student, or student with prior training, in consideration of such a waiver. If possible, the student may be brought before the board of black belt examiners in lieu of a sandan. No instructor should feel he must waive rank for any student, no matter how exceptional; such "skip" promotions must not be abused, as too high a rank for a new student may alienate students who have been with the instructor for a longer period of time. Whether waivers are made or not, no further rank should be given until the student reaches full proficiency in his present rank.

# GOKYU (5th Kyu) JIJUTSU/KARATE REQUIREMENTS -- BLUE BELT

Time in Grade: 3 months/52 hours -- Total: 9 months/152 hours.

I.	Juho	Passive System
	A. Nage waza	Throwing techniques
	1. o soto guruma	major outer wheel
	2. fumikomi o uchi gari	major inner reap by stepping in
	3. ko uchi gari	minor inner reap
	B. Katame waza	Grappling techniques
	1. kata ashi ashigi	single leg crush
	a. kata ashi hishigi ichi	form one (standing)
	b. kata ashi hishigi ni	form two ("step over toehold")
	c. kata ashi hishigi san	form three (lying)
	2. ryo ashi ashigi	two leg crush
	a. ryo ashi hishigi ichi	form one (standing)
	b. ryo ashi hishigi ni	form two ("Boston crab")
	c. ryo ashi hishigi san	form three (lying)
	3. ashi garami	leg entanglement
	4. gyaku tekubi	reversal against the wrist and arm
	5. tachi ude garami IV	standing arm twist IV (kannuki gatame)
II.	Goho	Active system
	A. Keri waza: tobi geri	Kicking techniques: flying kicks
	1. mae tobi geri	front flying kick
	2. yoko tobi geri	side flying kick
	B. Kata/Hyung	Forms
	1. kumite kata	kata for those who spar
	All previous kata as well as the additional kata listed below.	
	a. heian nidan	heian II
	b. heian sandan	heian III
	c. heian yodan	heian IV
	d. keri kata yodan	kick kata IV (displacement kata)
	2. mukumite kata	kata for those who do not spar
	a. bassai dai	long form of breaking through the fortress
	b. kanku dai	long form of viewing the sky
	c. kanku sho	short form of viewing the sky
	d. keri kata godan	kick kata V (ground kicking)

NOTE: The techniques listed for each rank should be considered minimal! Other techniques should be taught; common sense should be the guide, so the instructor does not move too far ahead into the next rank's requirements. A better system would be to teach variations of present techniques as listed in Midori Yama's Judo/Karate Comprehensive listings. It should be noted that those techniques listed as belonging to judo/karate/aikido, and even the European savate, are actually jujutsu techniques which have been adapted, modified or incorporated into different systems. Though generally thought of as a system of empty-handed combat, jujutsu is (and was originally) a system of fighting with or without weapons against an opponent who is armed or unarmed. In general, judo and aikido are included in the passive system, and karate and savate are of the active system.

YONKYU (4th Kyu) **JUJUTSU**/KARATE REQUIREMENTS -- PURPLE BELT

Time in Grade: 3 months/52 hours -- Total: 1 year/204 hours.

I.	Juho	Passive System
	A. Nage waza	Throwing techniques
	1. mae <b>ashi</b> dori kata guruma	shoulder wheel by scooping up the leg
	2. ganseki dome	rock stopping
	3. kawazu gake (2)	hooking the leg (two variations)
	Variations: soto - outside; uchi - inside	
	4. ryo ashi katate gari (lying)	one handed reap against both legs
	5. hiza basami	scissors (with the feet) against the knee
	B. Katame waza	Grappling techniques
	1. okuri eri jime I	sliding lapel lock I (ushiro okuri eri jime)
	2. okuri eri jime II	sliding lapel lock II (kuzure okuri eri jime)
	3. waki gatame	armpit lock
	4. sekizui kansetsu	spine locks
	a. hachi mawashi (ago oshi)	flower pot turning
	b. kubi hishigi	neck crush
	c. tomoe hishigi	circle crush
II.	Goho	Active System
	A. Tsuki/Sashi waza	Punching/Thrusting techniques
	1. awase zuki/yama zuki	U punch/wide U punch
	2. nihon nukite zuki	two finger thrust to the eyes
	B. Uke waza	Blocking techniques
	1. joge uke	upper-lower block (uchi uke - gedan barai)
	2. harai otoshi	down block with hammer fist
	C. keri waza	Kicking techniques
	1. nidan tobi geri	two-level flying front kick
	2. moroashi tobi geri	flying kick with both feet simultaneously
	Two variations: mae - front; yoko - side (drop kick)	
	3. ushiro geri (4)	rear kick (four variations)
	Variations: kekomi - thrust; furi - swing; mawashi - roundhouse; ura geri - spin	
	D. Kumite no narai kata (3)	Study of kumite (three variations)
	Variations: sambon - three steps; ippon - one step; jiyu - free.	
	E. Kata/Hyung	Forms
	1. kumite kata	kata for those who spar
	a. heian godan	heian V
	b. tekki shodan	tekki I
	c. te kata nidan	hand kata II
	2. mukumite kata	kata for those who do not spar
	a. gankaku	crane on a rock
	b. empi (enbi)	flying swallow
	c. keri kata yodan	kick kata IV
	d. te kata nidan	hand kata II

NOTE: Although provisions **are** made for those whose physiological or psychological make-up prohibits them from sparring, "D" still applies insofar as the "study" is made; the student, even though a non-competitor, must know what the different **types** of kumite **are** and how to do them. (Kumite - judo randori)

SANKYU (3rd Kyu) **JUJUTSU**/KARATE REQUIREMENTS--BROWN BELT/1 BLACK STRIPE

Time in Grade: 6 months/104 hours -- Total: 18 months/308 hours.

- |      |  |   |
|------|--|---|
| I.   | Juho   | Passive System                              |
| A.   | Nage waza  | Throwing techniques                         |
| 1.   | hangetsu kubi nage                                   | crescent neck throw                         |
| 2.   | de ashi bari   | advanced foot sweep                         |
| 3.   | o soto gaeshi  | o soto <b>gari</b> against o soto gari      |
| 4.   | yotsu koshi nage                                     | locked hip throw                            |
| 5.   | tomoe nage   | circle throw                                |
| 6.   | age ashi yoko wakare                                 | side separation by lifting with the foot    |
| 7.   | taka uki waza  | high floating technique                     |
| B.   | Katame waza  | Grappling techniques                        |
| 1.   | kata ha jime I                                       | single wing lock I (ushiro kata ha jime)    |
| 2.   | kata ha jime II                                      | single wing lock I-A (kuzure kata ha jime)  |
| 3.   | ue ude garami (tachi ude garami)                     | upper arm twist (ude gaeshi)                |
| 4.   | kakaete maki gaeshi                                  | winding armlock by hooking                  |
| 5.   | shishi dori gatame                                   | bending back the fingers into a lock        |
| 6.   | shishi dori garami                                   | enfolding the four fingers                  |
| 7.   | moroyubi dori kote jime                              | wrist lock by folding back two fingers      |
| II.  | Goho   | Active System                               |
| A.   | Uchi waza: empi uchi                                 | Striking techniques: elbow strikes          |
| 1.   | yoko empi uchi                                       | side elbow strike                           |
| 2.   | ushiro empi uchi                                     | rear elbow strike                           |
| B.   | Uke waza   | Blocking techniques                         |
| 1.   | sukui uke (2)  | scooping block (two variations)             |
|      | Variations soto - outside; uchi - inside             |   |
| C.   | Keri waza: nidanshintai geri                         | Kicking technique: double displacement kick |
| D.   | Undo   | Exercises                                   |
| 1.   | sabake geri undo                                     | kick while turning 90°                      |
|      | Two variations: mae - front turn; ushiro - rear turn |   |
| 2.   | oushi undo   | kicking after pawing like a bull            |
| E.   | Kata   | Forms                                       |
| 1.   | kumite kata  | for those who spar                          |
| a.   | tekki nidan  | tekki II                                    |
| b.   | tekki sandan   | tekki III                                   |
| c.   | renkoho kata nidan                                   | linked kata II (kick/punch from ground)     |
| 2.   | mukumite kata  | kata for those who do not spar              |
| a.   | <b>jiin</b>  | temple                                      |
| b.   | jion   | temple sound                                |
| c.   | jutte (jitte)  | ten hands (temple hands)                    |
| d.   | renkoho kata nidan                                   | linked kata II                              |
| III. | ESP (for those who spar)                             | Extra Sparring                              |

NIKYU (2nd Kyu) **JUJUTSU**/KARATE REQUIREMENTS--BROWN BELT/2 BLACK STRIPES  
Time in Grade: 6 months/104 hours -- Total: 2 years/412 hours.

- |      |   |  |
|------|---|--|
| I.   | Juho  | Passive System                                 |
|      | A. Perfection of previous techniques.   |  |
|      | B. Nage waza  | Throwing techniques                            |
|      | 1. katate nage  | one hand throw                                 |
|      | a. yoko katate nage omote   | outside-in throw by <b>stepping</b> sideways   |
|      | b. katate nage ura  | inside-out throw                               |
|      | 2. mae shiho nage   | front four-corner throw                        |
|      | 3. kote nage  | wrist throw (kote gaeshi nage)                 |
|      | 4. tenchi nage  | heaven-earth throw                             |
|      | 5. ude garami nage (2)  | throw <b>with</b> ude garami (two variations)  |
|      | Variations: ue - upper; shita - lower.  |  |
|      | C. Katame waza  | Grappling techniques                           |
|      | 1. ude gatame   | armlock using the forearm                      |
|      | 2. zempaku gatame   | armlock using the hands                        |
|      | 3. hiji makikomi  | arm coil using the elbow                       |
|      | 4. robuse (2)   | arm rowing (two variations)                    |
|      | Variations: hiki - pulling; oshi - pushing                                    |  |
| II.  | Goho  | Active System                                  |
|      | A. Perfection of previous techniques  |  |
|      | B. Uke waza   | Blocking techniques                            |
|      | 1. haishin shiho uke  | block and spin 360° while bumping uke          |
|      | 2. tai hazushi uchi   | block and strike while passing under uke's arm |
|      | 3. nami gaeshi  | wave change                                    |
|      | C. Keri waza  | Kicking techniques                             |
|      | 1. ushiro tobi geri   | rear thrust kick after 180° spin in air        |
|      | 2. ushiro tobi mawashi geri   | rear roundhouse after 180° spin in the air     |
|      | 3. soto mawashi geri (2)  | outside roundhouse kick (two variations)       |
|      | Variations: haisoku - with the instep; josokutei - with the ball of the foot. |  |
|      | 4. uchi mawashi geri  | inside roundhouse kick                         |
|      | (gyaku mawashi geri)  | same two variations as "3"                     |
|      | 5. kerigaeshi   | rounded kick                                   |
|      | 6. sandan geri  | consecutive (side) kicks                       |
|      | D. Kata   | Forms  |
|      | 1. kumite kata  | kata for those who spar                        |
|      | a. saiha ( <b>saifa</b> )   | <b>destroy or defeat</b>                       |
|      | b. tensho   | covering hand                                  |
|      | 2. mukumite kata  | kata for those who do not spar                 |
|      | a. saiha ( <b>saifa</b> )   | <b>destroy or defeat</b>                       |
|      | b. seiuchin (seienchin)   | fifteen battles                                |
|      | c. ten no kata omote  | <b>heavenly</b> form to the outside            |
| III. | ESP (for those who spar)  | Extra Sparring                                 |

# IKKYU (1st Kyu) JUJUTSU/KARATE REQUIREMENTS--BROWN BELT/3 BLACK STRIPES

Time in Grade: 6 months/104 hours -- Total: 2 1/2 years/516 hours.

- |      |  |   |
|------|--|---|
| I.   | Juho   | Passive System                                  |
|      | A. Nage waza   | Throwing techniques                             |
|      | 1. sakatsuchi  | hammering upside-down                           |
|      | 2. tembin nage   | scale throw (gyakute zeoi)                      |
|      | B. katame waza   | Grappling techniques                            |
|      | Any <b>grappling</b> techniques not previously taught; instructor should adapt to the needs of the class |   |
|      | C. Kaeshi waza   | Counter techniques                              |
|      | 1. tachi tani otoshi   | standing valley drop                            |
|      | 2. ushiro tsubame gaeshi   | rear swallow counter                            |
| II.  | Goho   | Active System                                   |
|      | A. Keri waza   | Kicking techniques                              |
|      | 1. sabake yoko geri  | side kick while turning 90°                     |
|      | 2. ushiro guruma geri  | rear wheel kick (close quarters kick)           |
|      | 3. fumi waza   | stamping techniques                             |
|      | a. fumikomi (2)  | stamp in (two variations)                       |
|      | Variations: mae - front; ushiro - rear.  |   |
|      | b. fumikiri (2)  | cutting stamp (two variations)                  |
|      | Variations: soto - outside; uchi - inside  |   |
|      | 4. uke geri  | kicks used as block                             |
|      | a. sokutei <b>harai</b> age uke  | sweeping up block with the sole                 |
|      | b. <b>osae</b> uke   | pressing blocks                                 |
|      | 1. sokutei osae uke  | pressing block with the edge of the foot        |
|      | 2. sokutei osae uke  | pressing block with the sole of the foot        |
|      | B. Kata  | Forms   |
|      | 1. kumite kata   | kata for those who spar                         |
|      | a. bassai dai  | long form of bassai                             |
|      | b. kanku dai   | long form of kanku                              |
|      | 2. mukumite kata   | kata for those who do not spar                  |
|      | a. tensho  | covering hands                                  |
|      | b. yantsu  | <b>keep pure</b>                                |
|      | c. keri kata sandan  | kick kata III (shichidan renshuho keri no kata) |
| III. | ESP (for those who spar)   | Extra Sparring                                  |



SHODAN (Beginning (1st Dan) -- Time in Grade: 1 year/208 hours - 3 1/2 years/724 hours

- |      |                                      |   |
|------|--------------------------------------|---|
| I.   | Juho: Nage Waza                      | Passive System: Throwing Techniques       |
|      | A. Sukui nage                        | Scooping throw                            |
|      | B. Ayadori (juji garami)             | Cross arms throw                          |
|      | C. <b>Katate</b> ryoeri              | One hand holds both <b>lapels</b>         |
|      | 1. tai otoshi                        | body drop                                 |
|      | 2. seoi otoshi                       | shoulder drop                             |
|      | 3. harai goshi                       | loin sweep                                |
|      | D. <b>O</b> soto otoshi              | Major outer drop                          |
| II.  | Goho                                 | Active System                             |
|      | A. Keri waza: kake uke               | Kicking techniques: hooking blocks        |
|      | Two variations: ashibo/sokubo - shin | hooking; ashikubi - <b>ankle</b> hooking. |
|      | B. Kata                              | Forms                                     |
|      | 1. kumite kata                       | kata for those who spar                   |
|      | a. seiuchin                          | fifteen battles                           |
|      | b. kanku sho                         | small form of kanku                       |
|      | 2. mukumite kata                     | kata for those who do not spar            |
|      | a. sanchin                           | three battles                             |
|      | b. seisan                            | thirteen                                  |
|      | c. hangetsu                          | half moon                                 |
| III. | ESP ( for those who spar)            | Extra Sparring                            |

NIDAN (2nd Dan) -- Time in Grade: 2 years/416 hours - 5 1/2 years/1140 hours

- |      |                                    |                                |
|------|------------------------------------|--------------------------------|
| I.   | All previous techniques perfected. |                                |
| II.  | Kata                               | Forms                          |
|      | A. Kumite kata                     | Kata for those who spar        |
|      | 1. enbi                            | flying swallow                 |
|      | 2. ji-in                           | temple                         |
|      | B. Mukumite kata                   | kata for those who do not spar |
|      | 1. nijushiho (niseishi)            | twenty-four steps              |
|      | 2. gojushiho (useishi)             | fifty-four steps               |
| III. | ESP (for those who spar)           | Extra Sparring                 |

SANDAN (3rd Dan) -- Time in Grade: 3 years/624 hours -- 8 1/2 years/1452 hours

- |      |                                    |                                |
|------|------------------------------------|--------------------------------|
| I.   | All previous techniques perfected. |                                |
| II.  | Kata                               | Forms                          |
|      | A. Kumite kata                     | Kata for those who spar        |
|      | 1. gankaku                         | crane on a rock                |
|      | 2. jutte                           | ten hands                      |
|      | 3. hangetsu                        | half moon                      |
|      | B. Mukumite kata                   | kata for those who do not spar |
|      | 1. sochin                          | stableness                     |
|      | 2. chinte                          | rare and unusual hands         |
|      | 3. unsu                            | hands which wave like clouds   |
| III. | ESP (for those who spar)           |                                |

YODAN AND ABOVE (4th Dan and Above) -- As decided upon by the Board of Examiners, based upon knowledge, comprehensive study of all fighting systems, time in grade (outlined below, in addition to all black belt distinctions), time spent teaching (both as assistant instructor and head instructor, where applicable), moral character and comprehension of philosophy.

SHODAN -- Black with one 1/4 inch white stripe.

NIDAN -- Black with two 1/4 inch white stripes.

SANDAN -- Black with three 1/4 inch white stripes.

YODAN -- Black with one 1 inch square block. Time in grade: 4 years/632 hours;  
Total: 12 1/2 years/2084 hours.

GODAN -- **Solid** black. Time in grade: 5 years/1040 hours; Total: 17 1/2 years/3124 hours.

ROKUDAN -- White and red; black optional. Time in grade: 6 years/1248 hours;  
Total: 23 1/2 years/4372 hours.

SHICHIDAN - Red and white; black optional. Time in grade: 7 years/1456 hours;  
Total: 30 1/2 years/5828 hours.

HACHIDAN - Solid red; black optional. Time in grade: 8 years/1664 hours;  
Total 38 1/2 years/7492 hours.

NOTE: Time in grade for yudansha ranks are to be considered as the average; actual time in grade from one belt to the next may vary considerably, but the overall time in grade should be followed fairly closely. This means that a person may spend more than the allotted time in **one** rank, then be promoted relatively quickly as he catches up to the rank **with which his total time in grade corresponds**. At **no** time, however, should an individual be promoted beyond the rank for total time in grade; that is, a person with less than 12 years total experience should not be promoted beyond yodan, although it may be that from sandan to yodan was more than the four years required. Conversely a person may spend two years, or even one year in special cases from sandan to yodan if his experience extends to, or beyond, the total 12 years. Two exceptions may be permitted if agreed upon by the Board of Directors in **accordance** with Midori Yama's Constitution: 1) should an individual from a separate organization wish to join Midori Yama by registering with the rank of his parent school, whose promotional policies may vary; such lateral transfer would not be automatic, **however**. 2) In the case of godan and above, time in grade may be waived if the individual **distinguishes** himself/herself in competition, knowledge or contribution to the martial arts. The waiver of time in grade for these two exceptions should extend to calendar time, but not hourly time; that is exceptional students would probably be working out more times a week, thus learning more in hours in a shorter amount of calendar time.

The Junior ranks are twelve in number, each of which represents one of the symbols of the Oriental Zodiac:

Ichimon, or white belt, represents the rat which is ambitious.

Nimon, or yellow belt, represents the ox which is patient.

Sanmon, or orange belt, represents the tiger which is aggressive.

Yomon, or green belt, represents the rabbit which is lucky.

Gomon, or blue belt, represents the dragon which is brave.

Rokumon, or purple belt, represents the serpent which is wise.

Shichimon, or brown/white belt, represents the horse which is quick.

Hachimon, or brown/yellow belt, represents the sheep which is dedicated.

Kumon, or brown/orange belt, represents the monkey which is clever.

Jumon, or brown/green belt, represents the rooster which is knowledgeable.

Juichimon, or brown/blue belt, represents the dog which is loyal.

Junimon, or brown/purple belt, represents the boar which is a fighter.

The Senior mudansha ranks are nine in number, each of which represents the embryonic development of the human at a different month of growth; the colors grow progressively darker, just as the fetus becomes more autonomous, culminating with the birth of the Yudansha, or black belt.

The Senior black belt ranks are of two sections: The first based on the Noble Eightfold Path as set forth by the Buddah; the second representative of the Yang/Yin principle, as exemplified by the Middle Path:

I. the Noble Eightfold Path:

Shodan, or "Beginning" black belt, which represents comprehension.

Nidan, or 2nd black belt, which represents resolution.

Sandan, or 3rd black belt, which represents speech.

Yodan, or 4th black belt, which represents conduct.

Godan, or 5th black belt, which represents livelihood.

Rokudan, or 6th black belt, which represents effort.

Shichidan, or 7th black belt, which represents meditation.

Hachidan, or 8th black belt, which represents rapture.

II. Yang and Yin:

Kudan, or 9th black belt, which is the "hard" portion of the Do.

Judan, or 10th black belt, which is the "soft" portion of the Do.

The budoka begins with ambition, which requires patience and aggressiveness. He becomes aware of how lucky he is to be involved in the martial arts, and is brave enough to continue rigorous training which gives him the wisdom necessary to develop further. With a good background in basics, he now develops speed, and in so doing, realizes that his dedication has allowed him to become clever and knowledgeable in that which he enjoys. He is now a loyal student and a good fighter. This background helps the junior -- now senior -- to develop more rapidly within his parent school. If he continues through 12th mon, he is at the same stage of growth as his Senior 3rd kyu counterpart. They are readying themselves for emergence into the world of the Black Belt. Arriving at Black Belt, 1st degree makes them comprehend how little they truly know, and they resolve to continue upon making 2nd degree. With 3rd degree, they become "mouthpieces" for their school, making them realize the need for correct conduct necessary for 4th. 5th gives to many the means of livelihood, which leads to the effort necessary to achieve 6th degree. At the 7th level, the student begins to meditate on how far he has traveled, and how far he must go before achieving the rapture which 8th dan and beyond give him. With this rapture he becomes aware of the Way, exemplified by the Middle Path, and attains 9th dan, which is a culmination of all physical attributes necessary

for the Yang portion of the Tao. At this stage the martial artist realizes the Yang/Yin inherent in the martial arts and achieves spiritual enlightenment of the combined qualities of both hard and soft, realizing that neither takes precedence over the other, but that both are necessary for a totally integrated human being. With the completion of this full circle, with the rank of 10<sup>th</sup> dan, the budoka has achieved total oneness, having the purity of the white belt beginner and the knowledge of the expert, which may be signified by the double width white belt.

YODAN AND ABOVE (4th Dan and Above) -- As decided upon by the Board of Examiners, based upon knowledge, comprehensive study of all fighting systems, time in grade, time spent teaching, moral character and comprehension of philosophy. In general, one year for each number of rank shall be the rule: One year from Ikkyu to Shodan; two years from Shodan to Nidan; three years from Nidan to Sandan, etc. From the rank of Yodan, however, extenuating circumstances may require more or less time than the average usually called for. In such instances the Board of Examiners may waive the time in grade or extend time in grade as deemed necessary. In regard to Kudan and Judan ranks, they are usually reserved for the school's founder, head instructor, successor and co-founder. Kudan may be awarded to individuals who have gone beyond the physical training. Judan is awarded only to the founders and/or head instructor(s).

Normally the color of the belt worn will be black; this is true of all ranks from Shodan through Judan. To indicate specific rank, the individual may have embroidered on his belt the rank he has attained. A slightly modified system may be used through Godan. Colored belts as designated for higher ranks are not usually worn in regular training sessions, being reserved for demonstrations, visiting dignitaries and host sensei, formal promotions and tournaments.

In keeping with one year per number of rank, the number of hours also increases: From Ikkyu to Shodan, 208 hours; from Shodan to Nidan, 416 hours; From Nidan to Sandan, 624 hours, etc. From Yodan this may be waived at the discretion of the Board of Examiners.

SHODAN -- Black. Optional: Embroidered rank or one 1/4 inch white stripe.

NIDAN -- Black. Optional: Embroidered rank or two 1/4 inch white stripes.

SANDAN -- Black. Optional: Embroidered rank or three 1/4 inch white stripes.

YODAN -- Black. Optional: Embroidered rank, a one square inch white block or white over red renshi belt.

GODAN -- Black. Optional: Embroidered rank or red over white renshi belt.

ROKUDAN -- Black. Optional: Red and white block kyoshi belt. Either belt may have embroidered rank; kyoshi belt may use one 1/4 inch white stripe.

SHICHIDAN -- Black. Optional: As for Rokudan but with two 1/4 inch stripes.

HACHIDAN -- Black. Optional: As for Rokudan but with three 1/4 inch stripes.

KUDAN -- Black. Optional: Red Shihan belt. Either belt may have **embroidered** rank, Shihan belt may use one 1/4 inch white stripe.

JUDAN -- Black. Optional. Solid red Shihan belt. Either may have embroidered rank.

NOTE: The 1/4 inch white stripe mentioned is **worn** around one end of the belt; not horizontally from end to end. The first should be one inch from the bottom of the belt; all others 1/2 inch apart.

## TRADITIONAL AND MODERN RANKING EQUIVALENTS -- MIDORI YAMA BELT COLORS

1. Meijin                      Expert; has surpassed physical, mental and spiritual abilities which can be measured
  
2. Soke                        Founder; can be any rank  
    Dai                        Head or primary founder  
    Sho                        Second or secondary founder
  
3. Junidan                    12th Degree
  
4. Juichidan                 11th Degree
  
5. Kancho                    Master of the House; can be any rank as for Soke  
    Hanshi-sei                Chief Grand master  
    Seiko shihan             Chief Grand master; variation  
    Judan                     10th Degree; Solid red belt -- black optional
  
6. Hanshi                    Master teacher; teaches teachers  
    Shihan                    Master teacher, variation  
    Kudan                    9th Degree; Red belt (with 1/4" white stripe at tip) -- black
  
7. Kyoshi                    Wizard; Instructor; teaches black belts; PH.D. equivalent  
    Hachidan                 8th Degree; Red/White checked belt ( three 1/4" white stripes) -- black
  
8. Kyoshi                    Same as 8th Degree  
    Shichidan                7th Degree; Red/White checked belt (two 1/4" white stripes) -- black
  
9. Kyoshi                    Same as 7th Degree  
    Rokudan                 6th Degree; Red/white checked belt (one 1/4" white stripe) -- black
  
10. Renshi                    Coach; Assistant Instructor; teaches mudansha; M.A./M.S.  
    Sensei                    One who Points the Way; Teacher  
    Godan                    5th Degree; Red over White Belt; black
  
11. Renshi                    Same as for 5th Degree; B.A./B.S.  
    Sensei                    Same as for 5th Degree  
    Yodan                    4th Degree; White over Red Belt; black (1" solid white square)
  
12. Dai Sempai              Number One Older Brothers; college seniors  
    Sandan                    3rd Degree; Black (three 1/4" white stripes at the tip )
  
13. Sempai                    Older Brothers; helps beginners; college juniors  
    Nidan                    2nd Degree; Black (two 1/4" white stripes at the tip)
  
14. Shodan                    First Man; Beginner; college sophomores;  
    1st Degree; Black (with 1/4" white stripe at tip of belt)

SHIN SHIN **JUJUTSU**/SHIN NAGARE KARATE Junior Ranks: Time in Grade

<u>Beginning Age for Junior</u>	<u>Number of Months in Grade</u>	<u>Total Time to Achieve 12th</u>	<u>Time in Grade 1-3/4-6/7-12</u>	<u>Total With 3 Groups</u>
8	9	108 mos/9yrs	4 9 11	105 mos
9	8	96 /8	4 8 10	96 (same)
10	7	84 /7	3 6 9	81
11	6	72 /6	3 4 8	69
12	5	60 /5	2 3 7	57
13	4	48 /4	2 3 5	45
14	3	36 /3	1 2 4	33
* 15	<u>2</u>	24 /2	1 2 3	27
16	1	12 /1	- - -	--

The above is based on two ideas: 1) The junior, at whatever age he starts, will be promoted through all 12 promotions; 2) the junior will need the same amount of time for each rank. A sixteen year old will need more than one month per promotion, as a general rule, just as nine months between promotions is overlong for the eight year old. The above **chart** is a method of preventing ten year old sr. brown belts, which is theoretically possible if the two month promotion system is used from age eight.

The time in grade is based on the idea that at seventeen, **the** jr. becomes "of age"; if a thirteen year old can compete against seniors, then he, or she, has "become of age," if their sensei decides and approves. Conversely, a seventeen or **eighteen** year old may still not possess the skills to enter adult competition; in such cases, the discretion of the instructor is needed to **convert** to sr. rank, or retain at jr. rank. Competition and physical skills must not be the sole criteria for such conversions/retentions, but must, of necessity, play a major role.

For the very young, promotions may be better given relatively frequently, then with greater spans between promotions, allowing their physical abilities to equal their mental and emotional qualities. One such system is presented -- as a guide -- in the last two columns above: The fifteen year old group would be penalized with the second system, but with each promotion every two months would be exact; ages eight through fourteen would benefit by three months from the second system. The instructor faces his greatest problems with the sixteen year old: 1) To promote him to sr. rank; 2) use the 1 month time in grade system; 3) use the system for fifteen year olds, and carry the student as a junior until eighteen years of age.