



GRAND RIVER KARATE
Cooperation Friendship Learning

www.grkarate.com

SHIDO-KAN SHORIN RYU
TRADITIONAL OKINAWA KARATE-DO
**REQUIREMENTS
MANUAL**

NAME



Member of the
Beikoku Shido-kan
Karate-do Association

志道館





Okinawan Shisa
 is a traditional Ryukyuan decoration, often in pairs, resembling a cross between a lion and a dog, from Okinawan mythology. People place pairs of shisa on their rooftops or flanking the gates to their houses. Shisa are wards, believed to protect from some evils. When in pairs, the left shisa traditionally has a closed mouth, the right one an open mouth. The open mouth wards off evil spirits, and the closed mouth keeps good spirits in.

WELCOME

Grand River Karate is a not-for-profit volunteer community organization that has served the Waterloo region and area since 1995. We enjoy teaching and training in a traditional Okinawan martial art called Shorin Ryu Shido-kan Karate-do. This comprehensive program is designed for young and old who wish to enhance their fitness level, focus, spirit and confidence.



It is Iha Sensei's hope that with the help of their training in karate-do, his students can learn to cope with any situation, be persistent, face problems with courage, take care of themselves, to realize their potential and to feel good about themselves. He frequently tells his students that "Friendship and cooperation are the most important part of karate."

For more information go to www.grkarate.com

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KYU BELT REQUIREMENT GUIDELINES

Grading Preparation

All Grand River Karate students must be paid-up members in order to grade for stripes or belts.
Regular attendance is 2 or more classes per week.
Gradings may be postponed for students with inconsistent or interrupted training.
Students must continue to improve in attitude and character.

Stripe Gradings

Students are to complete the required minimum number of classes to be eligible to stripe.
Students are required to ask a black belt for a pre-test before stripe testing.
A black belt will give students permission to test, as well as necessary help and encouragement.

Belt Gradings

Students are required to ask a regular teaching Sensei for a pre-test before registering for a belt test.
Students must be a 3rd stripe for 2 weeks of regular training to register for a belt test.
Student must know the terminology for their level and previous levels. You will be questioned at the grading.
Grading fees must be submitted the day of and before the test with test grading sheet.

3rd Kyu Green Belt (Black Middle) and Up

Students are required to register for Beikoku membership upon attaining 3rd kyu.
Students are required to present their Beikoku membership cards with grading fee and test grading sheet.
Note: Kyu belt members may acquire a Beikoku membership at any time. See Sensei for details.
To download the application go to: <http://www.ihadojo.com/Association/Downloads/Application2014.pdf>

Black Belt Dan Gradings (See page 16 for more details)

Students will be Grand River Karate and Beikoku Association members in good standing.
The Chief Instructor will inform students approximately 6 to 12 months prior so they can prepare.
Students should not ask or request Sensei when he or she will be tested.
Once permission to Dan test is given the student is required to do the following:
- Participate in classes at least once a month at the Shido-kan Canada Karate-do dojo in Guelph, ON.
- A minimum of 3 visits to the hombu dojo to participate in classes and pre-test at least once per visit.
(NTS is considered as 1 visit).

Coming From Another Style:

We have many students who have come from other martial art styles and are now training in Shido-kan Shorin Ryu at Grand River Karate. Many of our instructors have trained in other styles as well. We believe there is no one style superior to another; they are simply different and should all be respected equally. Many karate-ka are interested in going back to the roots to learn traditional Okinawan Karate-do. Okinawa is the birth place of Karate and Shorin Ryu is the original style. We are very fortunate to be affiliated and train with North America's highest ranked Okinawan master, Hanshi, 10th Dan, Seikichi Iha.

Since Okinawa Shido-kan Shorin Ryu differs from other martial arts and other karate styles and our requirements for each level are very specific, students coming from other styles are required to begin at white belt. Depending on your skill level and ability to adjust to a new style you may progress quicker than the minimum required classes specified for each stripe and belt level.

The goal of this manual is to support each student's development and understanding of the requirements and the way of Shido-kan karate-do.

DOJO RULES



- Bow with respect as you enter and leave the dojo area.
- All Black Belts are to be addressed as Sensei.
- Always be on time for class. If you are late, wait for the teaching Sensei's permission to join class.
- For safety avoid wearing shoes, rings, jewelry and hair clips during class. Soft head bands are allowed.
- Maintain hygiene: clip finger nails, toe nails and keep your gi clean.
- Ask the Sensei, who is teaching class, for permission to leave the training area (e.g., the restroom and equipment room).
- To enhance your learning, ask questions. If Sensei is talking to someone wait until he/she is done, unless it's an emergency.
- When class is called to begin or end, line up quickly and quietly.
- Always pay attention during class and practice hard.
- Be polite, courteous, and respectful to everyone in the dojo.
- Have fun!

Thank you for your understanding.



BELT REQUIREMENT OVERVIEW

Kyu	Belt	No. of Classes
	White Belt 1st stripe	6
	White Belt 2nd stripe	7
	White Belt 3rd stripe	7
10th	Yellow Belt	Minimum 20
	Yellow Belt 1st stripe	10
	Yellow Belt 2nd stripe	10
	Yellow Belt 3rd stripe	10
9th	Yellow Belt (Black Middle)	Minimum 30
	Yellow Belt (Black Middle) 1st stripe	12
	Yellow Belt (Black Middle) 2nd stripe	12
	Yellow Belt (Black Middle) 3rd stripe	12
8th	Orange Belt	Minimum 36
	Orange Belt 1st stripe	12
	Orange Belt 2nd stripe	12
	Orange Belt 3rd stripe	12
7th	Orange Belt (Black Middle)	Minimum 36
	Orange Belt (Black Middle) 1st stripe	14
	Orange Belt (Black Middle) 2nd stripe	14
	Orange Belt (Black Middle) 3rd stripe	14
6th	Blue Belt	Minimum 42
	Blue Belt 1st stripe	14
	Blue Belt 2nd stripe	14
	Blue Belt 3rd stripe	14
5th	Blue Belt (Black Middle)	Minimum 42
	Blue Belt (Black Middle) 1st stripe	14
	Blue Belt (Black Middle) 2nd stripe	14
	Blue Belt (Black Middle) 3rd stripe	14
4th	Green Belt	Minimum 42
	Green Belt 1st stripe	14
	Green Belt 2nd stripe	14
	Green Belt 3rd stripe	14
3rd	Green Belt (Black Middle)	Minimum 42
	Green Belt (Black Middle) 1st stripe	16
	Green Belt (Black Middle) 2nd stripe	16
	Green Belt (Black Middle) 3rd stripe	16
2nd	Brown Belt	48
	Brown Belt 1st stripe	20
	Brown Belt 2nd stripe	20
1st	Brown Belt (Black Middle)	Minimum 40

REQUIREMENT DETAILS All new students start at white belt level

To achieve

10th Kyu Yellow Belt

1st Stripe - After 6 classes

KATA - Kihon ichidan

DRILL - Chart 1, Drill 1

2nd stripe - After 7 classes

KATA - Kihon nidan

DRILL - Chart 1, Drill 2 & 3

3rd stripe - After 7 classes

KATA - Kihon sandan

DRILL - Chart 1, Drill 4 & 5

KUMITE - Number 1

Minimum 20 Classes

*Teachers open the door,
but you must enter by yourself.*

Chinese Proverb

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Onegaishimasu

(Own eh ga ee shee maus)

It means - Please teach me

What you say at the beginning of a class when you bow to Sensei from a kneeling position.

Also say this to a fellow student when you begin partner work. You can also say this to a higher rank before or after class if you need personal instruction.

Domo arigato gozaimashita

(Dow mow ar ree ga tow go za ee maush tah)

It means - Thank you very much

What you say at the end of a class when you bow to Sensei from a kneeling position.

Do itashimashite

(Dow itaush ee maush tah)

It means - You are welcome

This is a reply to

"Domo arigato gozaimashita" (Thank you very much)

Terms used during class

Dojo = Training hall

Gi = Uniform, Obi = Belt

Hajime = Begin

Karate = empty hand

Kiotsuke = Attention

Mo ichi do = One more time

Rei = Bow

Sensei = Teacher

Yamae = Finish

Yoi = Ready (Go into Kamae - ready position)

Numbers 1-10

Ichi; ni; san; shi; go; roku; shichi; hachi; ku; jyu

REQUIREMENT DETAILS

To achieve

~~9th Kyu Yellow Belt (Black Middle)~~

Belt 1st stripe - After 10 classes

KATA - Kihon yondan
DRILL - Chart 1, Drill 6

Belt 2nd stripe - After 10 classes

KATA - Kihon godan
DRILL - Chart 1, Drill 7
KUMITE - Number 2

Belt 3rd stripe - After 10 classes

KATA - Naihanshi shodan
DRILL - Chart 1, Drill 8

Minimum 30 Classes

Students are required to know previous requirements and terminology for their belt test.

Instructors can impart only a fraction of teaching. It is through your own devoted practice that the mysteries of the art are brought to life.

Morihei Ueshiba

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

BLOCKS (Uke)

Gedan barai = Low
Jodan uke = High
Morote uke = Double
Soto uke = Outside
Uchi uke = Inside

KICKS (Geri)

Hiza uchi = Knee strike
Fumi komi = Stomp Kick
Mae geri = Front kick
Mawashi geri = Roundhouse
Ueshiro geri = Back kick
Yoko geri = Side kick

STANCES (Dachi)

Kokutsu dachi = Back
Naihanshi dachi = Iron horse
Shiko dachi = Straddle
Uki ashi dachi = Stable
Zenkutsu dachi = Front

REQUIREMENT DETAILS

To achieve

8th Kyu Orange Belt

1st stripe - After 12 classes

KATA - Naihanshi shodan oyo bunkai

DRILL - Chart 1, Drill 9

2nd stripe - After 12 classes

OYO BUNKAI - Naihanshi shodan

DRILL - Chart 1, Drill 10

3rd stripe - After 12 classes

KATA - Pinan shodan

DRILL - Chart 1, Drill 11

KUMITE - Number 3

Minimum 36 Classes

Students are required to know previous requirements and terminology for their belt test.

A punch should stay like a treasure in the sleeve. It should not be used indiscriminately.

Master Chotoku Kyan

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Hidari = Left

Migi = Right

Kagite = hooking hand

Nagashi = Sweeping hand

Nukite = Spear hand

Shuto = Knife edge

Tettsui = Hammer fist

Uraken = Back fist

Zuki = Punch

REQUIREMENT DETAILS

To achieve

7th Kyu Orange (Black Middle)

1st stripe - After 12 classes

KATA - Pinan shodan oyo bunkai

DRILL - Chart 2, Drill 1

2nd stripe - After 12 classes

OYO BUNKAI - Pinan shodan

DRILL - Chart 2, Drill 2

3rd stripe - After 12 classes

KATA - Pinan nidan

BUNKAI - Pinan shodan

KUMITE - Number 4

Minimum 36 Classes

Students are required to know previous requirements and terminology for their belt test.

To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.

*Sun Tsu
The Art of War*

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Kyu = Rank below black belt

Sempai = Assisting senior student

Sensei = Teacher

Dan = Black belt rank

Kyoshi = Master

Hanshi = High master

Kiai = Shouting spirit

Kime = Focus

Kimochi = Attitude

Pinan = Peaceful mind

REQUIREMENT DETAILS

To achieve

6th Kyu Blue Belt

1st stripe - After 14 classes

KATA - Pinan sandan
DRILL - Chart 2, Drill 3

2nd stripe - After 14 classes

DRILL - Chart 2, Drill 4
BUNKAI - Pinan sandan

3rd stripe - After 14 classes

KATA - Pinan yondan
KUMITE - 5

Minimum 42 Classes

Students are required to know previous requirements and terminology for their belt test.

No one is more confusing than someone who gives good advice, while setting a bad example.

Unknown

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Shido-kan means

"The way or house of the path of the warrior"

Shorin Ryu means **"The small forest way"**

Founders:

Seikichi Iha, 10th Dan, Hanshi

Head of the Beikoku Association
Highest Ranked Okinawan master in North America

Katsuya Miyahira, 10th Dan, Hanshi

Founder of Shido-kan Shorin-Ryu
Sensei to Seikichi Iha

Chosin Chibana

Founder of Shorin Ryu
Student of Anko Itosu
Sensei to Katsuya Miyahira

Shinpan Gusukuma

Student of Anko Itosu
Studied with many other masters
Sensei to Seikichi Iha

Anko Itosu

Student of Sokon Matsumura

Sokon Matsumura

If you are interested in more details on Shido-kan history and lineage go to www.grkarate.com

REQUIREMENT DETAILS

To achieve

5th Kyu Blue (Black Middle)

1st stripe - After 14 classes

KATA - Pinan yondan oyo bunkai

DRILL - Chart 2, Drill 5

2nd stripe - After 14 classes

OYO BUNKAI - Pinan yondan

DRILL - Chart 2, Drill 6

3rd stripe - After 14 classes

BUNKAI - Pinan yondan

KUMITE - Number 6

Minimum 42 Classes

Students are required to know previous requirements and terminology for their belt test.

Karate begins and ends with respect.

Master Anko Itosu

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Five precepts of Shido-kan:

1. To strive for perfection of character
2. To defend the paths of truth
3. To foster the spirit of effort
4. To honour and respect one's fellows
5. To guard against impetuous courage

REQUIREMENT DETAILS

To achieve

4th Kyu Green Belt

1st stripe - After 14 classes

KATA - Pinan godan

KUMITE - Number 7

2nd stripe - After 14 classes

KATA - Itosu Passai (sho)

KUMITE - Number 8

3rd stripe - After 14 classes

KATA - Itosu Passai (sho) bunkai

BUNKAI - Itosu Passai (sho)

Minimum 42 Classes

Students are required to know previous requirements and terminology for their belt test.

Do or do not. There is no try.

Yoda

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Karate ni sente nashi = In karate there is no first attack.

Bunkai = analysis

Oyo bunkai = practical application

Numbers 11-20

jyu-ichi; jyu-ni; jyu-san; jyu-shi; jyu-go;

jyu-roku; jyu-shichi; jyu-hachi; jyu-ku; ni-jyu

REQUIREMENT DETAILS

To achieve

3rd Kyu Green (Black Middle)

1st stripe - After 14 classes

KATA - Naihanshi nidan

DRILL - Chart 3, Drill 1 & 2

2nd stripe - After 14 classes

KATA - Kusanku sho

DRILL - Chart 3, Drill 3

KUMITE - 9

3rd stripe - After 14 classes

KATA - Naihanshi sandan

DRILL - Chart 3, Drill 4

BO KATA - Ufugusuku

Minimum 42 Classes

Students are required to know previous requirements and terminology for their belt test.

*Fear will make you hesitate.
Hesitation will make your
fear come true.*

Unknown

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Bo = Kobudo weapon, six foot staff

Kama = Kobudo weapon, sickle to cut grain

Kusanku = Chinese diplomat

Nunchaku = Kobudo weapon, Rice flail

Sai = Kobudo weapon, fork for picking up straw

Tonfa = Kobudo weapon, grinding wheel handle

NOTE:

Beikoku Membership required to test for 3rd Kyu

Students are required to register for Beikoku membership upon attaining 3rd kyu.

Students are required to present their Beikoku membership cards with grading fee and test grading sheet.

To download the application click on this link:

<http://www.ihadojo.com/Association/Downloads/Application2014.pdf>

REQUIREMENT DETAILS

To achieve

2nd Kyu Brown Belt

1st stripe - After 14 classes

KATA - Matsumura Passai (dai)

KUMITE - Number 10

2nd stripe - After 14 classes

KUMITE - Numbers 11, 12

3rd stripe - After 14 classes

KATA - Kusanku dai

KUMITE - Number 13

BO KATA - Shushi no kon sho

Minimum 48 Classes

Students are required to know previous requirements and terminology for their belt test.

*Daniel San! Daniel San!
It ok lose to opponent,
must not lose to fear.*

*Mr. Miyagi
The Karate Kid*

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Research history on Seikichi Iha Sensei

REQUIREMENT DETAILS

To achieve

1st Kyu Brown (Black Middle)

1st stripe - After 20 classes

KUMITE - 14 & 15

2nd stripe - After 20 classes

KATA - Chinto

KUMITE - 16

BO KATA - Choun no kun sho

Minimum 40 Classes

Students are required to know previous requirements and terminology for their belt test.

Shodan (1st Dan)

Kata - Gojushiho

BUNKAI - Naihanshi nidan

KUMITE - 17 & 18

*To have patience
where one can have patience
is not real patience. . .*

*But to have patience
where it is intolerable,
then this is real patience.*

Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

A as in 'father'

E as in 'get'

I as in 'macaroni'

O as in 'bone'

U as in 'flu'

Research history on Okinawan karate styles

Dan Grading Qualifications

Once a student has achieved a 1st Dan (Degree) black belt the following are the minimum years of training and requirements.

1st Degree Black Belt - Shodan: More than 3 years of Shido-kan training

2nd Degree Black Belt - Nidan: More than 2 years of continuous Shido-kan training and Beikoku membership after Shodan.

3rd Degree Black Belt - Sandan: More than 3 years of continuous Shido-kan training and Beikoku membership after Nidan.

4th Degree Black Belt - Yondan: More than 4 years of continuous Shido-kan training and Beikoku membership after Sandan.

5th Degree Black Belt - Godan: More than 5 years of continuous Shido-kan training and Beikoku membership after Yondan.

6th Degree Black Belt - Rokudan: Godan holder above 35 years old with approval of the dojo head, more than 6 years of continuous Shido-kan training and Beikoku membership after Godan.

7th Degree Red/White Belt - Nanadan: Rokudan holder above 40 years old with approval of the dojo head, more than 7 years of continuous Shido-kan training and Beikoku membership after Rokudan.

8th Degree Red/White Belt - Hachidan: Nanadan holder above 50 years old with approval of the dojo head, more than 8 years of continuous Shido-kan training and Beikoku membership after Nanadan.

9th Degree Red Belt - Kyudan: Entrusted to the Okinawa Shorin Ryu Karate Do Board of Directors.

10th Degree Red Belt - Jyudan: Entrusted to the Okinawa Shorin Ryu Karate Do Board of Directors.

The minimum age for adult ranking Shodan is fourteen years old.

The upper Dan degree for high school students is Nidan. The upper limit kyu degree for elementary division (age 12 years of age and under) is 1st Kyu in accordance with The Okinawa Shorin Ryu Karate Do Association Regulations.

For further details on Dan grading information and grading fees please contact your head Sensei.



www.grkarate.com