

FAMILY KARATE RONIN DOJO

Green
4th Kyu

Itosu-Ke Kata

PINAN SHODAN (PEACEFUL MIND 1)

PINAN NIDAN (PEACEFUL MIND 2)

PINAN SANDAN (PEACEFUL MIND 3)

PINAN YONDAN (PEACEFUL MIND 4)

PINAN GODAN (PEACEFUL MIND 5)

JUTTE (10 HANDS / ways / methods)

JIIN (TEMPLE GROUND)

JION (TEMPLE SOUND)

MATSUKAZE (PINE TREE IN THE WIND)

ROHAI (VISION OF A CRANE)

WANSHU (NAME of a CHINESE EMISSARY)

BASSAI DAI (TO PENETRATE A FORTRESS, MAJOR VERSION)

BASSAI SHO (TO PENETRATE A FORTRESS, MINOR VERSION)

CHINTEI (WINNING HAND)

CHINTO (NAME OF A CHINESE MILITARY OFFICIAL)

KOSOKUN DAI (NAME OF A CHINESE MILITARY OFFICIAL, MAJOR KATA VERSION)

KOSOKUN SHO (NAME OF A CHINESE MILITARY OFFICIAL, MINOR KATA VERSION)

NAIHANCHI (INSIDE MOVING) GOJUSHIHO (54 STEPS)

Higaonna Ke Kata

SANCHIN (3 BATTLES)

TENSHO (ROLLING PALMS)

SEIENCHIN (STORM WITHIN the CALM)

KURURUNHA (Come, Stop, Tear and Break)

NAME

LAST TEST DATE

BELT SIZE

DATE

Family Karate

Ronin Dojo

Green
4th Kyu

GREEN BELT (Yon Kyu) CURRICULUM

You will know you are ready to test when you can demonstrate all previous techniques and;....

- KIHON:** (basics) Blocks, punches, strikes and kicks in 1 count with good form, speed and power. Relaxed. Use strong focus and powerful hips. Stances consistent with proper width, depth, angles, posture. Moving stances: speed & power off the line, 'Hara' forward, level and relaxed shoulders.
- KATA:** (forms) Concentrate on quick, focused techniques; eye contact, proper targeting, timing, spirit (kiai), snapping hip motion must initiate power. Demonstrate quick movement off the line in proper stance, posture. Hips must stay level and must initiate power. Embusen correct. Must know at least one study kata.
- GOSHINDO:** (self defense) 2 advanced defenses (escapes) for each situation done quickly, sharply and relaxed. Correct with strong kiai and zanshin.
- IPPON KUMITE** Defend using all past ippon techniques with sweeps. Must have good timing, distance. Show bunkai. Light contact to body. Show control. Add 90' sidestepping to L and R.
- KOBUDO** Chiken no Kon
- KEY WORDS:** Relaxed Control, Quick Off The Line, Kiai, Hips, Zanshin.

	TECHNIQUE	√	GRADE		TECHNIQUE	√	GRADE
	Mae Geri / Front Kick				Zenkutsu Dachi/Fr Stance		
	Mawashi Geri/R/H Kick				Kokutsu Dachi (Shotokan)		
	Yoko Geri/ Side Kick				Heiko Dachi (know both Higaonna and Itosu-ke)		
	Ushiro Geri/Back Kick						
	Harai Uke / Gedan Barai				Kamae Dachi / Fighting Stance		
	Age Uke/Rising Block						
	Kaisyu Chudan Yoko Uke				Seipai		
	Kakewaki Uke/Wedge Block			***	<i>Independent Study Kata</i>		
	Kakete Uke /Grabbing Hand				Wanshu, Jion		
	Oi Zuki/Mov. Str. Punch				Ippon Kumite w/90' side stepping, Bunkai, Tenshin Happo Application		
	Gyaku Zuki/Rev Punch moving						
	Furi-Tsuki						
	Yoriashi				Goshindo: Street Punch		
	Technique Combinations/ moving				Head Lock		
	Hijiate Goho /Elbow Strikes				Chiken no Kon		
	Tenshin Happo						

***Must know at least one

ORAL: Opportunities to Attack

WRITTEN: 4th Kyu Written Test

5th Kyu Written Test