

FAMILY KARATE RONIN DOJO

Green
5th Kyu

Bushi Matsumura Chikudoun Pechin Sokon (c. 1809 - 1901), the Miyamoto Musashi of the Ryukyu Kingdom, was responsible for introducing the teaching principles of Jigen-ryu ken-jutsu to the Chinese quanfa discipline of which he was an expert. Considered within karate-do history as the principal authority on the self-defense traditions that ascended the castle district of Shuri, he once wrote:

“To all those whose progress remains hampered by ego-related distractions let humility, the spiritual cornerstone upon which the fighting traditions rest, serve to remind you to place virtue ahead of vice, values ahead of vanity, and principles ahead of personalities.”

Rather than gaining or acquiring excess baggage in life, karate-do teaches us to remove useless and ego-related distractions. Instead of always striving to acquire more and more, karate-do teaches one that genuine satisfaction can come from learning to appreciate less and less. Rather than only taking from karate-do, we must also consider putting back into that which has given us strength and power. Remember that all power and success has to do with putting knowledge into action through mastering the world within. Karate-do teaches us how to enhance our world without by accessing, cultivating, and mastering our worlds within.

How much we experience, but how little we truly learn. We understand many things but realize practically nothing. We hold many facts and opinions yet, in essence, know little about ourselves. Pretending will never change anything. How can one ever plan an escape without first realizing that one is imprisoned? One must pound and polish the human spirit until it is as strong and vibrant as a samurai sword. The secret of change is not to fight the old but rather to focus upon building the new. In the universe things are either expanding or contracting; the only thing constant in life is change.

Karate-do teaches that the source of human weakness is internal and not external; thus our journey must be inward not outward.

excerpt from Ancient Okinawan Martial Arts by Patrick McCarthy

NAME

LAST TEST DATE

BELT SIZE

DATE

Family Karate

Ronin Dojo

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GREEN BELT (Go 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 learn at least one study kata by 3rd kyu.
- 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** Bo waza 1 – 10
- KEY WORDS:** Relaxed Control, Quick Off The Line, Kiai, Hips, Zanshin.

NO	TECHNIQUE	√	GRADE	NO	TECHNIQUE	√	GRADE
1	Mae Geri / Front Kick						
2	Mawashi Geri / R/H Kick			84	Zenkutsu Dachi / Fr Stance		
4	Yoko Geri / Side Kick			86	Shiko Dachi / Sitting Stance		
13	Tobi Geri /				Heiko Dachii / Half Front Stance		
33	Sukui Uke/ Inward palm sweeping block			88	Neko Ashi Dachi / Cat Stance		
	Palm heel block / Chudan Uke Nagashi			91	Kokutsu Dachi / Rev FR Stance		
30	X Block / Kosa Uke			117	Kosukun Dai		
24	Chudan Tsuki Uke / receding forearm block			***	<i>Independent Study Kata</i>		
25	Shuto Uke / Knifehand Block				Wanshu, Jion		
54	Oi Zuki / Moving Straight Punch			171	Ippon Kumite w/90' side stepping, bunkai, Tenshin Happo Application		
53	Gyaku Zuki / Rev Punch moving						
176	Technique Combinations / Moving			179	Goshindo: Being Pushed		
69	Elbow Strikes / Hiji Ate Goho						
	Shuto Uchi / Knife hand Strikes			B-1	Bo waza 1-10		

***Must know at least one before 3rd kyu

ORAL: Basic Terminology in Japanese

WRITTEN: Due at pre test

5th Kyu Written Test

List Opportunities to Attack

1. _____

2. _____

3. _____

4. _____

Example

Types of Defense

1. _____

2. _____

3. _____

4. _____

Define zanshin: