

# FAMILY KARATE RONIN DOJO

Blue  
8<sup>th</sup> Kyu

**Zanshin** is a complex concept, integrating physical presence, technical skill, and emotional attitude. Vigilant calm. Action in repose. Mentally, zanshin is the quality of diffusion, a steadfast awareness of all that transpires without focussing on, and so being distracted by, any one phenomenon. Bodily, zanshin is expressed through a posture that is relaxed yet resonant with potential power. When an accomplished karateka moves decisively, his technique appears to vibrate past the conclusion of the action. Facing multiple opponents, his concentration is never arrested by one of the many. Both these occurrences reveal a state of advanced zanshin.

The beginner is apt to mistake a fierce grimace and a stance of rigid aggression for zanshin. But such artifice is only a caricature that cannot be maintained for very long. It is too exhausting an effort, and it misses the point. True zanshin, developed over a lengthy period of rigorous training, is never so concentrated a force. It is not a tsunami, a single wave expended at one place in one moment and then gone. Zanshin is like a great ocean, bottomless and alive with latent, surging energy. Like the rhythmic pounding of its surf, which echoes beyond the range of its actual sound, the force of zanshin lingers on.

You must learn one or more of your independent study kata for rank test. Ask your instructor for help in choosing which kata would be best for you.

NAME \_\_\_\_\_ LAST TEST DATE \_\_\_\_\_ BELT SIZE \_\_\_\_\_ DATE \_\_\_\_\_

# *Family Karate*

## *Ronin Dojo*

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8<sup>th</sup> Kyu

### BLUE BELT (Hachi Kyu) CURRICULUM

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

- KIHON:** (basics) Blocks in 1 count with good focus, snap and correct hips. Kicks in 1 count with good focus, snap & correct foot position. Punches, strikes in 1 count: out, back; or: set up, execute Stances with proper width, depth, angles, posture. Moving stances in 1 count.
- KATA:** (forms) Concentrate on correct, big focused techniques; proper targeting, timing, spirit (kiai), big hip motion and eye contact. Demonstrate correct movement in proper stance, posture. Hips must stay level and hip action must be correct. Embusen correct. Must know at least one independent study kata.
- GOSHINDO:** (self defense) 2 defenses (escapes) for each assigned situation sharp and correct with strong kiai and zanshin.
- IPPON KUMITE** Defend by alternating R and L foot, step 45' back into front, sitting, back, fighting and cat stance. Attack is step through in front stance. 3 targets. Show bunkai.
- KOBUDO** Sharp basics in both attack and defense; kiai and zanshin.
- KEY WORDS:** Focus, Spirit (Kiai), Hips, And Zanshin.

NO	TECHNIQUE	√	GRADE	NO	TECHNIQUE	√	GRADE
1	Midsection Front Kick / Chudan Geri			84	Front Stance / Zenkutsu Dachi		
2	Roundhouse Kick / Mawashi Geri			86	Sitting Stance / Shiko Dachi		
4	Side Kick / Yoko Geri			92	X Stance / Kosa Dachi		
6	Knee Kick / Hiza Geri			88	Cat Stance / Neko Ashi Dachi		
27	Inside Down Block / Chudan Uchikomi			91	Rev Front Stance / Kokutsu Dachi		
22	Rising Block / Age Uke						
28	Reinforced Outside Block / Hijisasae Uke			106	Pinan Shodan		
24	Inside Block / Yoko Uchi			106	Pinan Yondan		
25	Knifehand Block / Shuto Uke			***	<i>Independent Study Kata</i>		
54	Moving Straight Punch / Oi Zuki				Kensho or Shinsei		
53	Reverse Punch / Gyaku Zuki moving						
50	Reverse Block / Gyaku Uke moving			171	Ippon Kumite (w/Bunkai)		
69	Elbow Strike / Hijate Goho			179	Goshindo: Bear Hug - front		
67	Eight Direction Blocking Drill / Tenshin Hoppo			179	Goshindo: Bear Hug - rear		
80	Forearm Strike						

\*\*\*Must know at least one.

WRITTEN TEST: due at pre-test

ORAL: Ceremony