***Shorinji Ryu Seikukan Karate***

***Juniors Syllabus***

***\*A Junior Black Belt is a half belt. Many of Karate’s age-old “dangerous” techniques are not taught to our Juniors Therefore, once a child transitions to the Adult class (age 15), may they train for a full Black Belt.recognition in Seikukan Karate A Junior Black Belt may test directly for Adult Black Belt after the appropriate content has been learned in the adult class.***

**White Belt – 9th Kyu**

* **School Creed**
* **Dojo Etiquette**
* **Basic Stances**
  + **Ready Stance – Yoi Dachi**
  + **Front Long Stance – Zenkutsu Datchi**
  + **Back Stance - Kou Kutsu Dachi**
  + **Fighting Stance**
* **Basic Strikes**
  + **Punch – Vertical; Horizontal & Natural (Mtn Top)**
  + **Knife-hand**
* **Basic Kicks**
  + **Front Snap/Push/Punt (A Frame) - Mae Geri**
* **Basic Blocking**
  + **Low**
* **Kata**
  + **Taikyoku Shodan**
* **Practical Defense - Push**

**Yellow Belt – 8th Kyu**

* **Includes all previous information**
* **Stances:**
  + **Horse Stance– Kiba Dachi**
  + **Side Stance**
* **Striking**
  + **Knife-hand – Shuto Uke**
  + **Ridge-Hand**
  + **Backfist**
  + **Hammerfist**
  + **Spear Hand - Nukite**
* **Blocks:**
  + **High - Jodan Uki**
  + **Out/Inside Middle - Chudan Uki**
* **Kicks**
  + **Roundhouse - Mawashi Geri**
  + **Side Kick - Yoko Geri**
* **Kata**
  + **Taikyoku Nidan**
* **Self-Defense**
  + **Three-step Defense 2-3**
  + **Block Attack 1-2**
  + **Practical Defense - Single/Double Arm Grab (opposite)**

**Orange Belt – 7th Kyu**

* **Includes all previous information**
* **Stance**
  + **Cat Stance – Neko Dachi**
* **Striking**
  + **Elbow Strikes**
  + **Tiger Mouth**
* **Kicks**
  + **Crescent Kick**
  + **Back (Donkey) Kick - Ushiro Geri**
* **Kata**
  + **Taikyoku Sandan**
* **Self Defense**
  + **Three-step Defense 3-4**
  + **Block Attack 3-4**
  + **Practical Defense -Bear Hug Front and Back**
* **Sparring Basics**
* **Falls**
  + **Back/Side**
  + **Forward Roll**

**Green Belt – 6th Kyu**

* **Includes all previous information**
* **Stance**
  + **Seikukan Front Leaning**
* **Strikes**
  + **Palm Strike**
  + **Lunge Punch/Reverse Punch**
  + **Uppercut/Upset**
  + **Hooking Punch**
* **Kicks**
  + **Hook Kick**
  + **Spinning Kicks**
  + **Cutting Front Kick**
* **Kata**
  + **4 Directional Kata**
* **Self Defense**
  + **Three-step Defense 5-6**
  + **Block Attack 5-6**
  + **Practical Defense - Front Choke/ Choke with a push**
* **Sparring Basics**
* **Ground-fighting intro**
* **Wrist Locks**
  + **Ikkyo**
* **Falls**
  + **Front**

**Blue Belt – 5th Kyu**

* **Includes all previous information**
* **Stances:**
  + **X Stance**
* **Kicks:**
  + **Axe Kick**
  + **Jump/Flying Kicks**
* **Striking**
  + **Eye Strike**
* **Kata**
  + **Heian Shodan**
* **Self-Defense**
  + **Three-step Defense 7-8**
  + **Block Attack 7-8**
  + **Practical Defense - Side Choke/Collar Grab**
* **Bunkai Introduction**
* **Wrist Lock**
  + **Nikyo**
* **Falls**
  + **Backwards Roll**

**Purple Belt – 4th Kyu**

* **Includes all previous information**
* **Demonstrate ability to communicate/teach/assist other students**
  + **Provide assistance instruction for minimum of one class**
* **Kicks:**
  + **Twist Kick**
* **Kata**
  + **Heian Nidan**
* **Wrist Locks**
  + **Sankyo**
* **Self-Defense**
  + **Three-step Defense 9-10**
  + **Block Attack 9**
  + **Practical Defense - Rear choke / with a push**
* **Bunkai - Heian Nidan**
* **Step-around eight**

**Brown Belt Level 3 -3rd Kyu**

* **Includes all previous information**
* **Kata**
  + **Heian Sandan**
* **Weapon**
  + **Kali Sticks (Optional)**
* **Wrist Locks**
  + **Yonkyo**
* **Self-Defense**
  + **Three-step Defense 10-11**
  + **Practical Defense - Guillotine/Vascular Choke**
* **Bunkai**
  + **Heian Sandan**

**Brown Belt Level 2 - 2nd Kyu**

* **Includes all previous information**
* **Blocking**
  + **Wa Uke**
* **Kata**
  + **Heian Yondon**
* **Self-Defense**
  + **Three-step Defense 12-13**
  + **Practical Defense - Schoolyard Choke**
* **Bunkai**
  + **Heian Yondon**
* **Perfect all previous information**

**Brown Belt Level 1 -1st Kyu**

* **Includes all previous information**
  + **4 Wrist Locks**
  + **All basics (Blocks, Strikes, Kicks)**
  + **All practical defenses**
  + **All Block Attacks**
* **Kata : All iup until this point, plus:**
  + **Heian Godan**
* **Bunkai:**
  + **Heian Godan**
  + **Provide bunkai lesson from each kata**
* **Self-Defense**
  + **Three-step Defense 1 – 15(be prepared/able to demonstrate all)**
* **Demonstrate ability to work with all levels of students**
  + **Provide instruction to classes**
* **Have Black Belt mentality**

**JUNIOR First Degree Black Belt –The real beginning of your journey (Shodan)**

* **Demonstrate all previous information**
* **Break down movement/meaning from Kata (Bunkai)**
* **Kata:**
  + **Tekki Shodan**
  + **Bassai Sho**
  + **Bassai Dai**
* **Demonstrate one area of specialty/expertise/interest**
* **Black Belt Mentality - Model the behaviors/attitude deserving respect – be a mentor to another student**