***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**