

# **Joshinkan Isshinryu Karate Jutsu**

## **Test requirements**

### **8th kyu – 4th dan**



## **Background and principles for the test requirements**

### **The building of a solid base**

The purpose of the curriculum to ensure a systematic approach to the development of each student and instructor. A reference and a set of unique minimum requirements. Moreover, it is meant as a tool for the individual instructors and students in Dojos.

Throughout the curriculum, there is a solid basis in the following techniques;

- Tsuki/uchi waza – Strikes/punches
- Keri waza – kicking
- Uke waza – Blocking
- Ukemi - Falling
- Nage waza – Throwing
- Kansetsu waza - Locking
- Shime waza – Strangulations
- Ne waza – groundfigthing
- Goshin waza – self defense

The idea is that the student must build a solid base or a good craft if you like, and thereby gain a broad understanding of current techniques which can be used in self-defense and combat. In addition, it is to support the basic foundations and the usage of the techniques under pressure in combat or self-defense.

### **Requirements for the individual degrees**

The requirements described in the individual grades are only the new techniques to be learned for the next level. All previous curriculum the student must also demonstrate. Furthermore, there must be a development in the techniques of the previous curriculum. That export power, understanding of the principles and the use of them in self-defense and combat.

## **Isshinryu Karate**

Karate as we know it today, was developed on the Japanese island of Okinawa in the Pacific.

The art has roots as far back as 600 years

Karate has through history been under the influence of other forms of martial arts from China and the islands around Okinawa.

The Isshinryu style was founded by Tatsuo Shimabuku. Shimabuku started to practice karate as 6 years old, under his uncle. Later Shimabuku studied under Choki Motobu (Shorin-Ryu), a Okinawan master who was known for his incredible strength.

Chotoku Kyan (Shorin-Ryu) was the second master Shimabuku trained under, Kyan was highly regarded in Okinawa. Moreover, he was recandnized as a skilled technician, and for his ability to move quickly.

The last master Shimabuku trained under was Chojun Miyagi (Goju-Ryu), he learned how important breathing was in karate.

Shimabuku was also studied Kobudo, Okinawan weapons under Shinken Taira.

Shimabuku studied: Rokushaku-Bo (a six foot long stick), Sai (a form of trefork / knives) and Tonfa (a kind of blockade batons).

Isshinryu Karate works primarily with empty-handed majority, but Kobudo is also part of the system.

Translated from the okinawanske language Isshinryu means "one heart one way" while karate means "empty hand".

Tatsou Shimabuku developed on the basis of an ancient Chinese warrior text, called bubishi, 8 codes for Isshinryu. The codes are as follows:

- A person's heart is like heaven and earth.
- blood circulation is the same as the sun and moon.
- The way to spit or drink is either hard or soft.
- A person out of balance is the same as weight.
- The body should be able to change direction at any time.
- The time to attack comes, when the opportunity shows itself.
- The eye must see all sides.
- The ear must listen in all directions.

## The Okinawan Crest

The shoulder crest used by the Joshinkan Isshinryu Karate kobudo branch includes the Okinawan crest (hidari gommon) in the middle. The mark symbolizes Okinawan karate. There are two anecdotes about its origins. One is that the crest was made as a royal brand / crest since the three kingdoms at the Royal Ryukyu islands were united.

The second anecdote concerns a samurai named Janne Eikata who was one of King Sho Nei-O's councilors. Janne was a strong proponent of Okinawa's strong cultural and commercial exchanges with China. Janne refused to accept the agreement the Japanese Satsuma clans instructed Okinawa.



In view of this, he was captured and sent to Kagoshima where he was sentenced to death and had to be boiled alive in oil. On days when the sentence was executed Janne asked for a last wish. His last wish was to train Te (Karate).

After Janne had trained for a short time he took hold of two samurai and pulled them into the boiling oil. The three bodies floated clockwise on the surface of the hot oil in a three decimal shape, characterizing the Okinawa crest.

The three characters under the crest says Joshinkan. The first character, Jo / UE, means the highest or best. The second sign is in honor of the Okinawan masters Angie Uezu and Tsuyoshi Uechi. The third sign shin means heart and is taken from Isshinryu. The last character can mean a school or hall.

Put together, it can be loosely translated into "The school of the highest heart. The name was given to Lars Andersen in 1996 after numerous visits to the United States and Okinawa. The name is to characterize the Joshinkan Isshinryu tradition and lineage.

## Mizu gami and Symbolic for Isshinryu



The symbolism behind Mizu Gami (watergoddess) is the whole basic idea of Isshinryu Karate, Mizu Gami is found in all traditional Isshinryu Dojos worldwide. Some schools also use the mark on their uniform. This colorful emblem with its deep sense illustrates an experience Tatsuo Shimabuku had during its development of Isshinryu karate.

- The oval form is to represent the vertical fist used in Isshinryu.
- The symbol shows a woman whose body has been taking shape as a watergoddess. Her left hand is held open as a sign of peace, while her right hand is attached, which together symbolize the struggle as the last resort.
- Oriental legends tell that a watergoddess is born at the bottom of the sea and when it have become a goddess, it moves up towards the sky. This is shown in the little drawing of goddess which simultaneously symbolizes, Tatsuo Shimabuku, founder of Isshinryu.
- Tatsuo was his "nickname" and means dragon in Japanese.
- The stormy waters and the gray sky represents a starting typhoon and controlled anger which a karateka can possess.
- The edge around the mark symbolizes a ring of fire, as the looming danger.
- While Mizu Gami symbolizes a mother protecting her child. She seems calm and friendly under the circumstances, but can be powerful if something threatens the self and its surroundings.
- The stars represent Tatsuo Shimabuku's masters.

## Japanese – English verbal list

<i>Japanese:</i>	<i>English:</i>
Jodan	High section
Chudan	The middle section
Gedan	Low section
Seiken	Knuckles
Uraken	Backside of knuckles
Tetsui	Hammerfist
Teisho	Root of hand
Te Katana	Handsword
Haito	Inverted handsword
Nukite	Fingerpoke
Empi	Elbow
Koshi	Front of foot
Sokuto	Knife foot
Kakato	Heel
Hiza	Knee
Sune	Shin
Haisoku	Overpart of foot
Geri	Kick
Tsuki	Punch
Uchi	Strike
Uke	Block
Dachi	Stance
Mae	Front
Ushiro	Back
Otoshi	Down
Age	Up
Yoko	Side
Mawashi	Cirkel
Yoi	Ready
Yamae	Stop
Hajime	Start
Kumite	Fighting
Kobudo	Weapon arts (Ko=ancient Bu=warrior, Do=way)
Karate	Empty hand
Isshinryu	One heart one way
Makiwara	Striking post
Sensei	Teacher
Sempai	Senior student
Dojo	Gym
1-2-3-4-5-6-7-8-9-10	Ichi – ni – san – shi – go – roku – shichi – hachi – ku - ju
Bo	App. 180 cm staff
Sai	A fork in metal
Tonfa	Wooden handle/baton

# The Joshinkan Isshinryu Karate uniform – the Gi

## In general:

- A white traditional Karate uniform design (called a Gi).
- We suggest that patches from the producer doesn't show any other places than on the end of the collar and on the belt (e.g. right chest, on the pants, stripes on the sleeves or pants).
- Made of durable cotton (or alike cloth), no silk/satin and so forth.
- The jacket/top can be no longer than to the middle of the thighs.
- The sleeves of the top have to cover at least the upper half of the under arm.
- The pants have cover the lower part of the shin or to the ankle.
- In case, the student wants to wear a T-shirt beneath the Gi/uniform it has to be white.

## Patches:

- On the left chest the Isshinryu kanji/Japanese writings have to be placed or embroidered.
- On the left sleeve and on the same level/line as the Isshinryu kanji patch the Joshinkan organisational patch has to be placed.
- Kobudokan degrees have to be worn above of the Joshinkan organizational patch on the left sleeve.
- No other patches than the above mentioned are allowed (e.g. on the back, right chest, pants, sleeves and so forth).
- Special acknowledgements, organizational relations or instructor patches can be carried on the Gi if agreed up on by Technical Council.



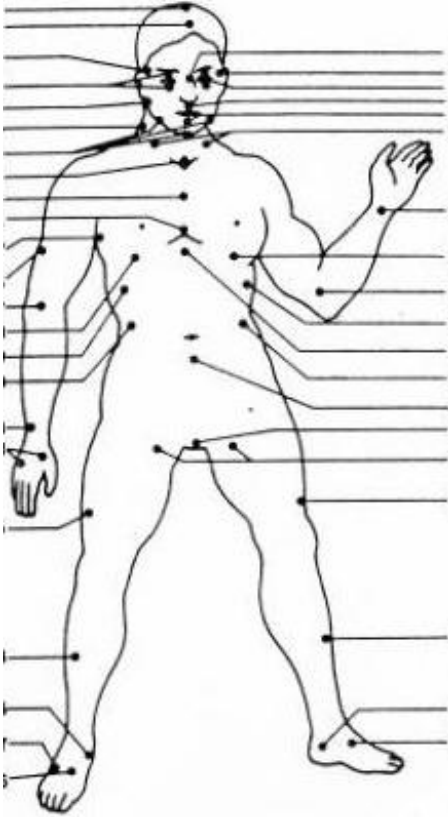
## The belt – Obi:

- All belts have to be made of cotton.
- Width of the belt has to be in between 3-5 cm.
- When worn, the length of the belt ends can not reach longer than to the middle of the thighs.
- The belt has to cross on the back.
- The belt ends have to have same length when tied around the waist.
- All colored belts have to show clear colors.
  
- Brown belts – from 3<sup>rd</sup> kyu and above:
- Black kanji/Japanese embroidery is allowed. The Kanji have to say:
  - Joshinkan Dojo on one belt end.
  - Isshinryu Karate on the other belt end.
  
- 2<sup>nd</sup> kyu brown belt are marked with one black stripe on each end of the belt. Placed with one belt width from the end. The stripe has to be half the width of one belt width.
  
- 1<sup>st</sup> kyu brown belt are marked with two black stripes on each end of the belt. Placed with one belt width from the end for the first stripe. The second stripe is placed one stripe width apart from the first stripe. The stripes have to be half the width of one belt width.
  
- Black Belts – from 1st dan and above – mandatory gold embroidery for all black belts:
  - One belt end with kanji for Joshinkan Dojo and one stripe for each dan grade.
  - One belt end with the kanji for Isshinryu Karate embroidered.
- Tied around the waist, the belt end with dan grades embroidered has to be on the same side as the chest patch.

# Atemi – vital points

**Front**

**Notes:**



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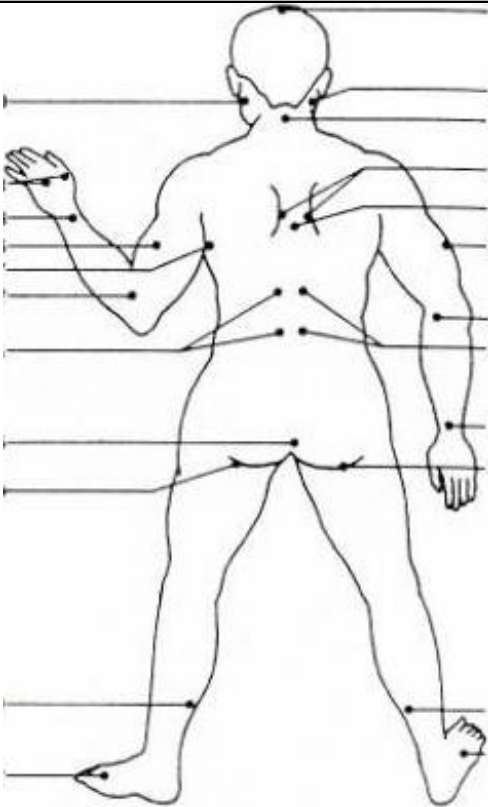
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**Back**

**Notes:**



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### 8th kyu yellow belt

#### Dachi waza – Stance:

Heisoku dachi - Feet together  
 Musubi dachi - Heels together, toes pointing 45 degrees outward  
 Seisan Dachi - Fighting stance, shoulders width, weight on front leg  
 Heiko dachi - "Yoi" /ready stance

#### Upper basics:

1. Chudan oi tsuki - Punch over lead leg
2. Jodan oi tsuki - Uppercut over lead leg
3. Chudan gyaku tsuki -Reverse punch, cross body
4. Jodan gyaku tsuki - Uppercut, cross body
5. Gedan barai → chudan gyaku tsuki - Low block → Reverse punch
6. Uchi uke → chudan gyaku tsuki - Middle block → Reverse punch
7. Chudan tegatana uke → Teisho - Knifehand block → strike with root of hand
8. Jodan tegatana uke → jodan gyaku tsuki - High knifehand block → uppercut

#### Lower basics:

1. Mae geri - Front kick
2. Sokuto geri - Low stomp kick with side of foot
3. Fumi komi geri - Stomp kick
4. Yoko geri - Side kick
5. Shoba geri - Turn in cat stance and perform a front kick

#### Blocking exercise – Defense:

Age uke - High block (cw)  
 Chudan soto uke - Middle block (ccw)  
 Gedan Barai - Low block (ccw)  
 Gyaku Gedan uke - Inverted low block (cw)  
 Tegatana uke - High knifehand

#### Blocking exercise – Attack:

Jodan gyaku tetsui uchi - Hammerstrike, forehead  
 Jodan oi tsuki - Straight punch, chin  
 Gedan gyaku tuki - Straight punch, solar  
 Chudan mae geri - Front kick, groin  
 Jodan kagi tsuki - Hook, chin  
 block (cw)

#### Ukemi – falling:

Frontal rolling breakfall  
 Backward rolling breakfall

#### Goshin waza - Self Defense:

Frontal bearhug – arms are free  
 Kick to groin  
 Frontal choke

#### Ne waza – groundfighting:

show and explain following positions; Mount, Guard, Half guard, Cross body,  
 Knee on belly, Scarf hold, Back

#### Focus pads - kicking/striking pads:

Upper and lower basics tested.  
 Control of timing, power and speed.

#### Theory:

What does the word Isshinryu mean?  
 Is = Ichi = one  
 Shin = heart  
 Ryu = way



### 7th kyu orange belt

#### Dachi waza – Stances:

Neko ashi Dachi - Cat stance  
 Sanchin dachi - High stance with inward tension  
 Seiunchin Dachi - Low/wide Sumo stance – feet 45 degrees apart  
 Kosa Dachi - Cross stance  
 Zenkutsu Dachi - Long stance  
 Naihanchi dachi - High stance from Naihanchi kata

#### Upper basics

9. Jodan age uke → chudan gyaku tsuki - High block → punch
10. Age uke → Ura uchi → chudan gyaku tsuki - High block → Overhead back hand strike → punch
11. Gedan barai → Gohon ren tsuki - Low block → 5 punches
12. Uchi uke → Gohon ren tsuki - Middle block → 5 punches
13. Gedan tegatana uke → jodan tegatana uchi - Low knifehand block → high knifehand chop
14. Nagashi uke → kagi ren tsuki - Sweeping block → 2 hooks
15. Mae empi uchi → ushiro empi uchi - Frontal elbow and backwards elbow

#### Lower basics:

6. Mawashi geri (Otoshi geri)- Roundhouse kick
7. Mae kon ate - Low frontal kick with heel
8. Hiza geri - Knee kick

#### Empi waza - Elbow strikes:

Ushiro empi uchi - Backward elbowstrike  
 Mae empi uchi - Forward elbowstrike  
 Yoko empi uchi - Sideways elbowstrike  
 Tate empi uchi - Upwards elbowstrike

#### Ukemi – falling:

Side breakfall  
 Backward breakfall

#### Goshin waza - Self Defense:

Frontal bearhug – Arms locked  
 Side neck choke/grab  
 Collar grab and punch

#### Ne Waza – Groundfighting:

Mount, Guard, Cross body and side control demonstrated.

From Mount, Guard and Cross body demonstrated:

- 1 submission
- 1 Escape
- 1 shift of position from the dominant position.

From side control demonstrated:

1 escape

#### Kata - forms:

Sanchin  
 Shime – test of breathing and tension  
 Bunkai – explanation of application and principles

#### Kumite - fighting:

1 dojofight

#### Focus pads - kicking/striking pads:

Upper and lower basics tested.  
 Control of timing, power and speed

#### Theory:

Who created Isshinryu (Tatsuo Shimabuku)  
 Explain the Okinawan crest (Ryukyu emperors seal and samurai story)



### 6th kyu purple belt

### 5th kyu blue belt

**Lower basics – kicks:**

Ushiro geri - Back kick  
Ushiro mawashi geri - Spinning roundhouse kick

**Goshin waza - Self Defense:**

Choke from behind  
Choke from the front  
Frontal collar grip with both hands

**Ne Waza – Groundfighting:**

Mount, Guard, Cross body and side control demonstrated.

From Mount, Guard and Cross body demonstrated:

2 submissions  
2 Escapes.  
1 shift of position from the dominant position.

From side control demonstrated:

2 escapes.

**Nage waza – throwing:**

De ashi barai - Sweep, outer reap

**Kata – forms:**

Naihanchi  
3 Bunkais - Applications

**Kumite – Fighting:**

1 dojofight

**Focus pads - kicking/striking pads:**

Upper and lower basics tested.  
Control of timing, power and speed.

**Theory:**

Who created Isshinryu ?  
Explain the Okinawan crest  
Explain the principle of breaking the balance

**Joshinkan Keri Waza - Kicking exercise:**

1. Kamae - Fight position
2. Mae Sune Uke - Shinblock with front leg
3. Mae geri - Front kick
3. Kakato geri - Heel kick
4. Mawashi geri - Roundhouse kick
5. Yoko geri - Side kick
6. Kake geri - Hook kick
7. Ushiro geri - Spinning back kick
8. Ushiro mawashi geri - Spinning roundhouse kick
9. Mae tobi geri - Flying front kick
10. Gyaku tsuki - Reverse punch.

**Goshin waza - Self Defense:**

Bearhug from behind – Arms free  
Hair grab

**Ne Waza – Groundfighting:**

Mount, Guard, Cross body and back demonstrated.

From each position demonstrated:

2 submissions  
2 Escapes.  
1 shift of position from the dominant position.

**Nage waza – Throwing:**

O soto gari - Outer reaping throw  
O uchi gari - Inner reaping throw  
Neck/nose twist

**Kata – Forms:**

Seisan  
3 Bunkais - applications

**Kumite – Fighting:**

3 dojofights  
2 groundfights

**Focus pads - kicking/striking pads:**

Upper and lower basics tested.  
Control of timing, power and speed.

**Kansetsu waza – jointlocks:**

Kote gaeshi - Wrist lock  
Waki gatame - Shoulder/elbow lock  
Kote mawashi - Circular wristlock  
Kote gatame - Standing wristlock – ”praying position”

**Theory:**

Explain Mizu gami



#### 4th kyu green belt

**Goshin waza - Self defense:**

Grab in cloth from behind  
Full Nelson

**Ne Waza – Groundfighting:**

Mount, Guard, Cross body, back and north/south demonstrated.  
For each position demonstrated:  
2 submissions.  
2 Escapes.  
1 shift of position from the dominant position

**Kata – Forms:**

Seiunchin  
3 Bunkais applications

**Kumite – Fighting:**

4 dojofights  
2 groundfights

**Focus pads - kicking/striking pads:**

Upper and lower basics tested.  
Control of timing, power and speed.

**Kansetsu waza – Locks:**

Ude gatame - Elbow lock – arm over arm  
Shiho nage - Figure 4 throw/lock  
Yubi gatame - Finger lock

**Theory:**

Explain the origin of Isshinryu:

#### 3rd kyu brown belt

**Ne Waza – Groundfighting:**

Mount, Guard, Cross body, back, north/south and knee on belly demonstrated.

For each position demonstrated:

2 submissions.  
2 Escapes.  
1 shift of position from the dominant position.

**Kata – Forms:**

Wansu  
3 Bunkais applications

**Kumite – Fighting:**

4 dojofights  
2 groundfights

**Focus pads - kicking/striking pads:**

Upper and lower basics tested.  
Control of timing, power and speed.

**Kansetsu waza Locks:**

Uchi hinage - Wristlock from start of seiunchin kata  
Kote hiniri - Wrist lock – elbow high  
Ude garami - Arm twist  
2 leg locks

**Theory:**

Explain the eight codes - Kempo gokui



2nd kyu brown belt 1 black stripe	1st kyu brown belt 2 black stripes	1st dan black belt 1 gold stripe
<p><b>Shime waza – Strangulations:</b>            Gyaku juji jime – collar choke            Nami juji jime - Choke in gi collar            Guillotine - Arm around throat from the front            Hakadaka jime ichi - Choke from behind on the throat            Hakadaka jime ni - Choke from behind on the adams apple            Hakadaka jime san - Choke from behind on the throat, figure 4            Yoko jime - Choke on both sides of the throat with both underarms</p> <p><b>Kata – Forms:</b>            Chinto            3 Bunkais – applications</p> <p><b>Kumite – Fighting:</b>            6 dojofights            3 groundfights</p> <p><b>Focus pads - kicking/striking pads:</b>            Upper and lower basics tested.            Control of timing, power and speed.</p> <p><b>Theory:</b>            Explain the history of Isshinryu</p>	<p><b>Kata – Forms:</b>            Kusanku            3 Bunkais applications</p> <p><b>Kumite – Fighting:</b>            6 dojofights            1 groundfight            Tanbo randori - 1 fight against short stick            Tanto randori - 1 fight against a knife</p> <p><b>Focus pads - kicking/striking pads:</b>            Upper and lower basics tested.            Control of timing, power and speed.</p> <p><b>Theory:</b>            Explain the 8 directions.            Demonstrate fighting and principles against knife and short stick.</p>	<p><b>Kata – Forms:</b>            Tokumine No Kun            3 Bunkais - applications</p> <p><b>Kumite – Fighting:</b>            10 dojofights            1 groundfight            Tanbo randori - 1 fight against short stick            Tanto randori - 1 fight against a knife</p> <p><b>Focus pads - kicking/striking pads:</b>            Upper and lower basics tested.            Control of timing, power and speed.</p> <p><b>Theory:</b>            Explain the two wheels            Demonstrate fighting and principles against knife and short stick.</p>



**2nd dan black belt**  
**2 gold stripes**

**Kata – Forms:**

Sunsu  
Kusanku Sai  
3 Bunkais applications

**Kumite – Fighting:**

10 dojofights  
1 groundfight  
Tanbo randori - 1 fight against short stick  
Tanto randori - 1 fight against a knife

**Focus pads - kicking/striking pads:**

Upper and lower basics tested.  
Control of timing, power and speed.

**Theory:**

Explain moving from point of origin and demonstrate in fighting

**Bo – Bo Kumite Demonstrated with partner**

<i>Attack (from right fighting posture)</i>	<i>Defense (from right fighting posture)</i>
→step forward chudan yoko uchi	→Step backwards/chudan morote uke – left hand on top
→forward in kosa dachi/tsuki komi	→backwards in kosa dachi/ yoko uke
→forward in kobudo dachi/tsuki komi	→backwards in kobudo dachi/yoko uke
→step forward/gyaku gedan harai uchi	→step backwards/gedan yoko uke
→step forward/gedan yoko uchi	→step backwards/gedan yoko uke
→step backwards/jodan morote uke	→step forward/uchi otoshi
→step forward/chudan yoko uchi	→step backwards/chudan morote uke – left hand on top
→step forward/chudan yoko uchi	→step backwards/chudan morote uke – right hand on top
→step backwards/jodan morote uke	→ step forward/uchi otoshi
→step forward/gyaku jodan harai uchi	→step backwards/jodan yoko uke
→step forward/jodan yoko uchi	→step backwards/jodan yoko uke
→step backwards/gedan sukui uke	→step forward/age uchi.
→step forward/gedan harai uchi	→jump over the bo
→uchi otoshi	→ jodan morote uke
→receive mae geri	→mae geri
→step forward in seiuchin dachi/tsuki komi	→step 45° backwards/low block
→step forward/gedan gyaku yoko uchi	→step backwards/gedan sukui uke
→step forward/gedan harai uchi	→step backwards/gedan yoko uke
→step backwards/jodan morote uke	→step forward/uchi otoshi
→step forward/jodan yoko uchi	→step backwards/jodan yoko uke→step backwards/jodan yoko uke
→step forward/jodan harai uchi	→step backwards/jodan yoko uke
→step forward/jodan yoko uchi	→attack – pursuit uke with figure eight movement/finish of with jodan yoko uchi
→step backwards receive/end.	
→step forward in kosa dachi with tsuki komi	→Bodyshift and morote uke to avoid/block bo
	→counter with reverse tsuki komi.



**3rd dan black belt  
3 gold stripes**

**Kata – Forms:**

Chatan Yara no Sai  
Urashi Bo  
Bunkais – applications

**Kumite – Fighting:**

Jiyu kumi Bo - 3 fights with equipment.

**Focus pads - kicking/striking pads:**

Upper and lower basics tested.  
Control of timing, power and speed.

**Theory:**

Written treatise regarding Joshinkan Isshinryu's history.  
Demonstrate the 8 codes.

**Bo – Sai Kumite Demonstrated with partner**

<i>Attack with Bo staff (from right fighting posture)</i>	<i>Defense with Sai (from right fighting posture)</i>
→kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed soto uke→step back/left closed soto uke
→step forward/gedan harai uchi →step/gedan yoko uchi	→step back/sagashi dachi/right open gedan barai/left closed age uke →step back/sagashi dachi/left open gedan barai/right closed age uke
→step forward/jodan harai uchi →step/jodan yoko uchi	→step back/right jodan uchi uke→step back/left jodan uchi uke
→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed soto uke→step back/left closed soto uke
→step forward/gedan harai uchi →step back/jodan morote uke →step back/chudan morote uke (left hand on top) →step back/chudan morote uke (right hand on top) →twist the Bo →left mae geri →step forward/uchi otoshi →step 45° towards right/jodan yoko uchi →step forward/jodan harai uchi	→jump and evade bo/land with left leg forward →step forward/open right otoshi uchi →step forward/left open swing (chudan furi uchi) →step forward/right open swing (furi uchi) →step forward/closed yama tsuki –right on top →recieve mae geri – land on the back →evade strike – roll left → get up on right knee/left open jodan uchi uke →get up – walk back, right kamae/right open jodan uchi uke
→step forward/jodan harai uchi →uchi otoshi→step back	→step back/Hama Higa evasion →step forward/open jodan juji uke →step forward/open jodan hasami uchi
→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed gedan barai →step back/left closed gedan barai
→step forward/jodan yoko uchi →step forward/jodan harai uchi	→step back/right open jodan soto uke →step back/left open jodan soto uke
→step forward/chudan harai uchi →step forward/chudan yoko uchi	→step back/right closed chudan uchi uke →step back/left closed chudan uchi uke →lock the bo with left sai →otoshi uchi against ukes arms →throw the bo away →step forward/open sai swing.

HM = Hontemochi = Sai open with the long part away from the underarm

GM = Gyakutemochi = Sai closed with the long part against the underarm



**4th dan black belt  
4 gold stripes**

**Kata – Forms:**

Shi shi no kun  
Hama higa no tonfa  
Bunkai – applications

**Kumite – Fighting:**

Jiyu kumi Bo - 3 fights with equipment.

**Focus pads - kicking/striking pads:**

Upper and lower basics tested.  
Control of timing, power and speed.

**Theory:**

Explain power generation principles in punches and kicks.  
Explain the principle of leverage and demonstrate.

<i>Attack with Bo staff (from right fighting posture)</i>	<i>Defense with Tonfa (from right fighting posture)</i>
→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→Step back and Migi chudan soto uke GM →Step back and hidari chudan soto uke GM
→step forward/gedan harai uchi →step/gedan yoko uchi	→Step back and Migi gedan uke HM(Ippon dachi) →Step back and hidari gedan uke HM(Ippon dachi)
→step forward/jodan harai uchi →step/jodan yoko uchi	→Step back and Migi jodan uke GM →Step back and hidari jodan uke GM
→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→Step back and Migi chudan soto uke GM →Step back and hidari chudan soto uke GM
→step forward/gedan harai uchi→step back/jodan morote uke →step back/chudan morote uke(left hand on top) →step back/chudan morote uke (right hand on top) →twist the Bo→left mae geri→step forward/uchi otoshi →step 45 <sup>0</sup> towards right/jodan yoko uchi→step forward/jodan harai uchi	→Jump to evade – migi jodan otoshi uchi HM →hidari chudan uchi HM →migi chudan uchi HM →Morote tsuki GM →fall after getting hit with the mae geri – roll →hidari jodan uke GM and step nack - migi jodan uke GM.
→step forward/jodan harai uchi →uchi otoshi	→Lean away in Hama higa posture →step forward jodan kosa uke GM and hasami uchi HM
→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→ Step back and Migi gedan uke GM → Step back and Hidari gedan uke GM
→step forward/jodan yoko uchi →step forward/jodan harai uchi	→ Step back and Migi jodan soto uke GM → Step back and hidari jodan soto uke GM
→step forward/chudan harai uchi →step forward/chudan yoko uchi	→ Step back and Migi chudan uchi uke GM → Step back and hidari chudan uchi uke GM →grab the bo – migi uchi otoshi against the kote(wrist) 2 times and disarm








**Tonfa terms:**

HM = Hontemochi = Tonfa open with the long part away from the underarm  
GM = Gyakutemochi = Tonfa closed with the long part against the underarm




## Appendix 1 - Ne Waza/Groundfighting




**General demand:**



- All positions shall be shown and demonstrated
- Ukemi waza/falling demonstrated.
- Furthermore – Shrimp – Upa – inverted shrimp – upa shrimp to belly

<b>Appendix 1 - Ne Waza/Groundfighting</b>	
<p><b>General demand:</b></p> <ul style="list-style-type: none"> <li>• All positions shall be shown and demonstrated</li> <li>• Ukemi waza/falling demonstrated.</li> <li>• Furthermore – Shrimp – Upa – inverted shrimp – upa shrimp to belly</li> </ul>	
<p><b>Guard</b></p>  <p>The person who performs the guard, is on his back with legs up around your opponent's hips, the opponent is said to be in the guard. There can be no open or closed guard guard, depending on whether the person locks guard by crossing ankles behind the opponent's back (closed guard) or not.</p>	<p><b>Half guard</b></p>  <p>The person who performs half guard, lies on his back with a leg between the opponent's legs and a leg on the outside of the opponent's legs</p>
<p><b>Side control</b></p>  <p>The person performing side control reaches around the opponents' head and his shoulder is on the opponent's chest. Legs spread for better stability.</p>	<p><b>Knee on belly</b></p>  <p>One knee is on the opponent's stomach, the other foot on the floor. Hands are addressed in collar and sleeve.</p>
<p><b>Mount</b></p>  <p>The person who performs "mount", sits astride the opponent's chest. Opponent is said to be "mounted".</p>	<p><b>Cross body</b></p>  <p>The person who performs cross body, controls the opponent lying on his back, from side of the chest against the opponent's chest legs are free of the "guard".</p>
<b>Back</b>	
	<p>The person who takes the back (grab the back) are behind the opponent with both legs wrapped around the opponent's hips and with their feet hooked around the opponent's legs.</p>



<i>Attack:</i>	<i>Defense:</i>
<p><b>Guard Sweep</b></p> 	<ol style="list-style-type: none"> <li>1. Grab in the collar and sleeve. Set the knee into the abdomen - the second lie flat against the floor at opponent's knees - go up the elbow and drag opponent close - go on the side and perform sweep - get mount.</li> </ol>
<p><b>Guard position:</b> The person who performs the guard, is on his back with legs up around your opponent's hips, the opponent is said to be in the guard. There can be no open or closed guard guard, depending on whether the person locks guard by crossing ankles behind the opponent's back (closed guard) or not.</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Guard Pass</b></p> 	<ol style="list-style-type: none"> <li>1. Press with both hands on the opponent's lower part of stomach. Put one knee in center. Press with both hands on the opponent's legs and break the guard. Shoot knee / tibia rather than the thigh. Swing over the cross body position.</li> <li>2. Press with both hands on the opponent's lower part of stomach. Put one knee to center on the adversary and break the guard. Push yourself behind and address both the opponent's legs, up tibia of control. Take cross body position.</li> </ol>
<p><b>Guard position:</b> The person who performs the guard, is on his back with legs up around your opponent's hips, the opponent is said to be in the guard. There can be no open or closed guard guard, depending on whether the person locks guard by crossing ankles behind the opponent's back (closed guard) or not.</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Cross Body Position</b></p> 	<ol style="list-style-type: none"> <li>1. Upa, followed by shrimp - sink the body in front and intake guard. (Opponents have both hands on the opposite side of the body.)</li> <li>2. Upa / go into bridge, followed by shrimp - shoot one foot in the second and spread out (Go into his thigh). (Opponents have the arm far away from one's head on the same side of the body.)</li> </ol>
<p><b>Cross Body Position:</b> The person who performs cross body, controls the opponent lying on his back, from side of the chest against the opponent's chest legs are free of the "guard".</p>	

<i>Attack:</i>	<i>Defense:</i>
<p><b>Half Guard</b></p> 	<ol style="list-style-type: none"> <li>1. Set the "caught" pin feet from Ground and press with your hands against the opponent's legs - trying to get the mount.</li> <li>2. Use the not caught leg as leverage and pressure on the opponent's legs - free and try to get the mount or side control.</li> </ol>
<p><b>Half guard position:</b> The person who performs half guard, lies on his back with a leg between the opponent's legs and a leg on the outside of the opponent's legs</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Mount</b></p> 	<ol style="list-style-type: none"> <li>1. Upa - drag your opponent's arm / arms close to their own chest. Check your opponent's legs with own leg. Fire up the bridge / upa and scroll to the side where the opponent's legs are locked. Take mount position.</li> <li>2. Knee - elbow, lifting your opponent's feet and gliding his knees up under foot. Press elbow with his knee and get his legs up on top of the opponent's front thigh. Go in the bridge / upa and perform subsequent shrimp. Take guard position.</li> </ol>
<p><b>Mount position:</b> The person who performs "mount", sits astride the opponent's chest. Opponent is said to be "mounted".</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Back</b></p> 	<ol style="list-style-type: none"> <li>1. Move one foot and turn into the opposite side. This will better position, while lands in the opponent's guard.</li> <li>2. Move one foot and "Shrimp" over the loose foot - subsequently fight for the best position.</li> <li>3. Swing arms on head and go into a bridge - pressure on the shoulders to Ground - it provides a better position, as it lands in an opponent's guard or mount.</li> </ol>
<p><b>Back position:</b> The person who takes the back (grab the back) are behind the opponent with both legs wrapped around the opponent's hips and with their feet hooked around the opponent's legs.</p>	

<i>Attack:</i>	<i>Defense:</i>
<p><b>Side control</b></p> 	<ol style="list-style-type: none"> <li>1. Press the shoulders against Ground - pressure with both hands to his chin - throw your legs up to catch the head - roll him around - press knee into his back and right of him - go to high mount - pressure under his arm to his throat - jaw - possibly. armbar.</li> <li>2. Grab the low rib - upa / go into a bridge and roll him around - press knee into his back and right of him - go to high mount - pressure under his arm to his throat - jaw - possibly. armbar.</li> <li>3. Hook his rear legs and push out of the position step by step and try to take back his "Back".</li> </ol>
<p><b>Side control:</b> The person performing side control reaches around the opponents' head and his shoulder is on the opponent's chest. Legs spread for better stability.</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Knee on belly</b></p> 	<ol style="list-style-type: none"> <li>1. Put hand on the knee and on the abdomen and "Shrimp" away - shoot the body in front and trying to get in the guard position.</li> <li>2. Move both legs slightly off to the side and give a little push - "Shrimp" away - shoot the body in front and trying to get in the guard position.</li> </ol>
<p><b>Knee on belly:</b> One knee is on the opponent's stomach, the other foot on the floor. Hands are addressed in collar and sleeve</p>	

<i>Attack:</i>	<i>Defense:</i>
<b>From guard</b> <ol style="list-style-type: none"> <li>1. Kimura</li> <li>2. Collar choke.</li> <li>3. arm bar/juji gatame.</li> <li>4. guillotine</li> <li>5. triangle choke/sankaku jime.</li> </ol>	<ol style="list-style-type: none"> <li>1. Kimura - Grasp behind the knee</li> <li>2. Press the opponent's elbows together.</li> <li>3. Avoid stretched arms.</li> <li>4. Grap on the backs of the adversary- the press against his shoulder, neck and come out of the grip and go to Cross Body Position.</li> <li>5. Avoid stretched arms.</li> </ol>
<b>From mount</b> <ol style="list-style-type: none"> <li>1. Collar choke.</li> <li>2. Americana.</li> <li>3. Armbar – juji gatame.</li> </ol>	Try upa or knee elbow.
<b>From Cross Body</b> <ol style="list-style-type: none"> <li>1. Kimura</li> <li>2. Americana.</li> </ol>	Shift position.
<b>From side control</b> <ol style="list-style-type: none"> <li>1. Elbow lock done with legs.</li> <li>2. Americana done with legs.</li> </ol>	Shift position.
<b>From Back positionen</b> <ol style="list-style-type: none"> <li>1. rear naked choke.</li> <li>2. Armbar juji gatame.</li> </ol>	Shift position.