



## Curriculum to achieve 7th kyu: Red belt

7th kyu

Total Credits: 23.5

### Miscellaneous

### general electives required

#### kata - forms : 2 credits each

hachihenkei fusegi jutsu - octagon/escaping

Cinco terras - stick

hachihenkei gedan barai - octagon/block & counters

Taikyoku - empty hand

Tai Chi Short Form - 1 - 5

#### tachi - stances : 0.5 credits each

Kiba dachi - horse stance

Kokutsu dachi - back stance

L&R Front stance

#### Uke Waza - "blocks" : 0.5 credits each

age uke - rising block, = block

gedan barai - lower parry, grab ear and throw it away

#### atemi waza - striking : 0.5 credits each

oi tsuki - lunge punch

eye poke

triangle push

#### keri waza - kicks : 0.5 credits each

mae geri - front kick

hiza geri - knee strike

#### Releases/Self-Defense : 0.5 credits each

Straight-across Wrist grab L/R

Double grab to one Wrist

Step & kick groin

#### interactive exercises : 1 credits each

zig-zag drill - basic

zig-zag drill - aiki yielding and off-ballancing

#### concepts : 0.5 credits each

the 90 - basic concept

#### kohyo - healing arts : 1 credits each

meridian - pathways of energy

tsubo - pressure point

#### ne waza - ground techniques and throws : 1 credits each

Side Fall

#### densho - history : 0.5 credits each

James Masayoshi Mitose - 21st root master of KSR

Merrick Rosenberg Sensei - Simon sensei's teacher  
Kevin Meisner Sensei - Smith sensei's teacher and head of  
Shinbi Kai



## Curriculum to achieve 6th kyu: Orange belt

6th kyu

Total Credits: 25

### Miscellaneous

#### kata - forms : 2 credits each

Mitose no-keiho

Advanced Octagon

Tai Chi short Form 6 - 10

#### tachi - stances : 0.5 credits each

fudo dachi - ready stance (immovable guardian)

Neko ashi dachi - cat stance

Zenkutsu dachi - front stance

#### atemi waza - striking : 0.5 credits each

shotei - palm hand

tetsui ken - hammer hand

elbow strike

#### Releases/Self-Defense : 0.5 credits each

Side pull, kick to knee

Hair release L/R

#### concepts : 0.5 credits each

12-6-3 theory

#### densho - history : 0.5 credits each

Yukinaga Konishi - Kyushu daimyo. Sent 5,000 samurai to destroy the temple

Kato Kiyamasa - kumamoto-jo daimyo. Killed Yukinaga  
Bruce Juchnik Hanshi - student of Mitose and 22nd root master of KSR

### general electives required

#### weapons : 2 credits each

Taikyoku - stick kata

#### Uke Waza - "blocks" : 0.5 credits each

shuto uke - knife hand block

ura chudan uke - reverse middle block, ice cream scoop

#### keri waza - kicks : 0.5 credits each

mawashi geri - roundhouse kick

yoko/sobo geri -- side kick

#### interactive exercises : 1 credits each

3/8's drill

zig-zag drill - while striking

yubi dori - finger lock

kote mawashi - forearm turn-in

kote gaeshi - forearm reversal

#### kohyo - healing arts : 1 credits each

shiatsu - Japanese acupressure healing

anma - Japanese meridial massage

#### ne waza - ground techniques and throws : 1 credits each

Step behind heel

Step behind, hip



## Curriculum to achieve 5th kyu: Yellow belt

5th kyu

Total Credits: 22.5

### Miscellaneous

### general electives required

#### kata - forms : 2 credits each

Chonan

#### weapons : 2 credits each

hachihenkei no jo - octagon with the jo (4' staff)

Tai Chi Short Form 11 - 15

#### tachi - stances : 0.5 credits each

juji dachi - figure 10 stance (crossed stance)  
hangetsu dachi - half moon stance

#### Uke Waza - "blocks" : 0.5 credits each

chudan uke - middle block, answer telephone upside down

#### atemi waza - striking : 0.5 credits each

gyaku tsuki - reverse punch (& cross)  
baseball pitch strike  
tate ken - vertical fist (jab)

#### keri waza - kicks : 0.5 credits each

mikazuki gerri - crescent kick  
kake gerri - front hook kick

#### Releases/Self-Defense : 0.5 credits each

Choke from front 1  
Arm bar from behind  
Bear hug, loosen up

#### interactive exercises : 1 credits each

zig-zag drill - while kicking  
zig-zag drill - against grabbing  
zig-zag - other than horizontal  
kagi - wrist lock  
katate osae - hand press  
kote hineri - forearm twist  
gaeshi exercise - sword or jo

#### concepts : 0.5 credits each

zig-zag - advanced

#### kohyo - healing arts : 1 credits each

meridial stretch & basic sotaijutsu

#### densho - history : 0.5 credits each

Kigan - praying hands  
Kaishu - open hands  
Hoken - covered fist

#### ne waza - ground techniques and throws : 1 credits each

Front Fall



## Curriculum to achieve 4th kyu: Green belt

4th kyu

Total Credits: 23

### Miscellaneous

#### general electives required

2 credits

### kata - forms : 2 credits each

I-Hon

Ma-ai no jo shodan - combatitive distancing form of the 4' staff 1st level

Tai Chi Short Form 16 -20

### tachi - stances : 0.5 credits each

shiko dachi - square stance  
ippon dachi - one point stance

### Uke Waza - "blocks" : 0.5 credits each

### atemi waza - striking : 0.5 credits each

shuto uchi - knifehand strike  
upper cut  
uraken uchi - back fist strike

### keri waza - kicks : 0.5 credits each

sausai geri - inner stomp  
ushiro geri - back kick

### Releases/Self-Defense : 0.5 credits each

Cross-arm wrist grab  
Choke from front, finger to throat

### interactive exercises : 1 credits each

strike-parry  
interactive horiz octagon - joint locks, from/to 8 angles  
interactive horiz octagon -strikes, from/to 8 angles  
interactive horiz octagon -kicks, from/to 8 angles  
chanbara - freestyle sword sparring

### concepts : 0.5 credits each

the 90 - advanced  
7-10

### kohyo - healing arts : 1 credits each

water -> wood

### densho - history : 0.5 credits each

pine - strength, health, friendship, happiness  
bamboo - honesty, pliancy - humble study  
plumb - courage, nobility, and beauty

### ne waza - ground techniques and throws : 1 credits each

Ogoshi  
Seoi Nagi



## Curriculum to achieve 3th kyu: Blue belt

3th kyu

Total Credits: 22.5

### Miscellaneous

#### general electives required

4 credits

#### kata - forms : 2 credits each

Pick one kata and show an alternative performance method

Tai Chi Short Form 21 - 25

#### tachi - stances : 0.5 credits each

sanchin dachi - three conflicts stance

#### weapons : 2 credits each

Ma-ai no jo nidan - combatitive distancing form of the 4' staff 2nd level

#### atemi waza - striking : 0.5 credits each

haito - inner knife hand  
haisho - inverted inner knife hand

#### keri waza - kicks : 0.5 credits each

back hook kick  
jumping front kick

#### Releases/Self-Defense : 0.5 credits each

Double Wrist Grab 1  
Side Grab, step and take out knee

#### interactive exercises : 1 credits each

strike-parry with weapons  
interactive vertical octagon - sword  
interactive vertical octagon - jo  
interactive vertical octagon - open handed  
interactive vertical octagon - tanjo

#### concepts : 0.5 credits each

reishiki - etiquette  
kaizen - excellence

#### kohyo - healing arts : 1 credits each

ke (sedation or control) cycle - fire -> metal -> wood -> earth -> water

#### densho - history : 0.5 credits each

The eight arts of Kosho Ryu

#### ne waza - ground techniques and throws : 1 credits each

Back Fall



## Curriculum to achieve 2nd kyu: Purple belt

2nd kyu

Total Credits: 19.5

### Miscellaneous

#### general electives required

4 credits

### kata - forms : 2 credits each

ki no kata - kosho energy kata

### weapons : 2 credits each

tanjo rolling pattern - sticks

Tai Chi Short Form 26 - 30

### tachi - stances : 0.5 credits each

### Uke Waza - "blocks" : 0.5 credits each

### atemi waza - striking : 0.5 credits each

### keri waza - kicks : 0.5 credits each

### Releases/Self-Defense : 0.5 credits each

### interactive exercises : 1 credits each

semi-freestyle bunkai - escaping arts  
semi-freestyle bunkai - controlling arts  
semi-freestyle bunkai - destructive arts  
semi-freestyle bunkai - aruki waza, walking tricks  
aruki waza (walking tricks)

### concepts : 0.5 credits each

hyoshi - timing  
ma-ai - combative distancing  
taekyoku (taichi) - Grand Ultimate

### kohyo - healing arts : 1 credits each

shu and shen point surf

### densho - history : 0.5 credits each

### ne waza - ground techniques and throws : 1 credits each

Tsurikomi Goshi (throw from choke attempt)

Punch, sweep



## Curriculum to achieve 1st kyu: Brown belt

1st kyu

Total Credits: 20.5

### Miscellaneous

#### general electives required

4 credits

### kata - forms : 2 credits each

Tiki chodan

Bo Kata

Tai Chi Short Form 31 - 35

Toyama ryu no mae no teki - attack the front  
Toyama ryu no migi no teki - attack the right

### tachi - stances : 0.5 credits each

### Uke Waza - "blocks" : 0.5 credits each

### atemi waza - striking : 0.5 credits each

### keri waza - kicks : 0.5 credits each

### Releases/Self-Defense : 0.5 credits each

### interactive exercises : 1 credits each

semi-freestyle bunkai - kansetsu waza joint locks  
semi-freestyle bunkai - gerri waza, kicking  
semi-freestyle bunkai - uke no waza, blocking  
semi-freestyle bunkai - koshi nagae waza, hip/leverage throwing  
throwing

### concepts : 0.5 credits each

alignment  
connection  
go rin - 5 element theory

### kohyo - healing arts : 1 credits each

### densho - history : 0.5 credits each

### ne waza - ground techniques and throws : 1 credits each



## Curriculum to achieve 1st dan: Black belt

1st dan

Total Credits: 24.5

### Miscellaneous

#### general electives required

6 credits

### kata - forms : 2 credits each

### weapons : 2 credits each

Bo-Bo Kumite

Toyama ryu no hidari no teki - attack the left  
Toyama ryu no ushiro no teki - attack the rear

Tai Chi Short Form - 36 - 40

### tachi - stances : 0.5 credits each

### Uke Waza - "blocks" : 0.5 credits each

### atemi waza - striking : 0.5 credits each

### keri waza - kicks : 0.5 credits each

### Releases/Self-Defense : 0.5 credits each

### interactive exercises : 1 credits each

martial examples each of the axioms of Kosho Ryu in enclosed summary

### concepts : 0.5 credits each

shorei - encouragement  
ato uchi waza - feinting tricks

### kohyo - healing arts : 1 credits each

Know overall concept for 5 element diagnosis

### densho - history : 0.5 credits each

### ne waza - ground techniques and throws : 1 credits each

David LoPriore Sensei - Smith sensei's kosho teacher

Floating drop

Sacrifice



## Curriculum to achieve 2nd dan: Black belt

2nd dan

Total Credits: 20

### Miscellaneous

#### general electives required

14 credits

### kata - forms : 2 credits each

Nai han no kata- Mitose family iron horse kata

### weapons : 2 credits each

learn 2 credits worth of weapons

### tachi - stances : 0.5 credits each

### Uke Waza - "blocks" : 0.5 credits each

### atemi waza - striking : 0.5 credits each

### keri waza - kicks : 0.5 credits each

### Releases/Self-Defense : 0.5 credits each

### interactive exercises : 1 credits each

semi-freestyle bunkai - chosan waza, centering tricks  
semi-freestyle bunkai - keiru waza, dissapearing tricks

### concepts : 0.5 credits each

### kohyo - healing arts : 1 credits each

### densho - history : 0.5 credits each

### ne waza - ground techniques and throws : 1 credits each



## Curriculum to achieve 3rd dan: Black belt

3rd dan

Total Credits: 24

### Miscellaneous

and bring it to us

### general electives required

8 credits

### kata - forms : 2 credits each

### weapons : 2 credits each

### tachi - stances : 0.5 credits each

### Uke Waza - "blocks" : 0.5 credits each

### atemi waza - striking : 0.5 credits each

### keri waza - kicks : 0.5 credits each

### Releases/Self-Defense : 0.5 credits each

### interactive exercises : 1 credits each

### concepts : 0.5 credits each

### kohyo - healing arts : 1 credits each

### densho - history : 0.5 credits each

### ne waza - ground techniques and throws : 1 credits each