



Curriculum to achieve 7th kyu: Yellow belt

7th kyu

Total Credits: 23

Miscellaneous

general electives required

kata - forms : 2 credits each (型/形)

hachihenkei fusegi jutsu - octagon/escaping
八辺形防ぎ術

weapons : 2 credits each

Cinco terras - stick

hachihenkei gedan barai - octagon/block &
counters 八辺形下段払い
Taikyoku - empty hand 太极
Tai Chi Short Form - 1 - 5 太极

tachi - stances : 0.5 credits each (立ち)

Zenkutsu dachi - front stance 前屈立ち
Kokutsu dachi - back stance 後屈立ち
fudo dachi -ready stance (immovable

Uke Waza - blocks/defensive techniques : 0.5 credits each

(受け技)

age uke - rising block, = block 揚げ受け
gedan barai - lower parry, grab ear and throw it away

atemi waza - striking : 0.5 credits each

(当て身技/当身技)

triangle push
oi tsuki - lunge punch 追い突き/順突き
eye poke

keri waza - kicking techniques : 0.5 credits each (蹴り技)

mae geri - front kick 前蹴り
hiza geri - knee strike 膝蹴り

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

interactive exercises : 1 credits each

zig-zag drill - basic
zig-zag drill - aiki yielding and off-balancing

concepts : 0.5 credits each

the 90 - basic concept

kohou - healing arts : 1 credits each ()

meridian - pathways of energy
tsubo - pressure point

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

Seoi Nagi- shoulder throw 背負投

juji gatame - Cross arm lock

densho - history : 0.5 credits each (伝承)

Kevin Meisner Sensei - Smith sensei's teacher and head of Shinbi Kai
James Masayoshi Mitose - 21st root master of KSR
Dave LoPriore - Smith Sensei's original Kosho teacher



Curriculum to achieve 6th kyu: Orange belt

6th kyu

Total Credits: 25

Miscellaneous

kata - forms : 2 credits each (型/形)

Mitose no-keiho

Advanced Octagon

Tai Chi short Form 6 - 10 太极

tachi - stances : 0.5 credits each (立ち)

kiba dachi - horse stance 騎馬立ち

Neko ashi dachi - cat stance 猫足立ち

atemi waza - striking : 0.5 credits each (當身技/当身技)

shotei - palm hand 掌底

tetsui ken - hammer hand 鉄槌拳

empi uchi- elbow strike 猿臂打ち

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

concepts : 0.5 credits each

12-6-3 theory

densho - history : 0.5 credits each (伝承)

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

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

八辺形の杖

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

chudan uke- middle block 中段受け

ura chudan uke - reverse middle block, ice cream scoop

keri waza - kicking techniques : 0.5 credits each (蹴り技)

mawashi geri - roundhouse kick 回し蹴り

yoko/sobo geri -- side kick 横蹴り

interactive exercises : 1 credits each

3/8's drill

zig-zag drill - while striking

yubi dori - finger lock 指取り

kote gaeshi - forearm reversal 小手返し

kohou - healing arts : 1 credits each ()

shiatsu - Japanese accupressure healing 指圧

anma - Japanese meridial massage 按摩

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

Oogoshi - major hip throw 大腰

hadake jime - naked choke



Curriculum to achieve 5th kyu: Purple belt

5th kyu

Total Credits: 22

Miscellaneous

general electives required

kata - forms : 2 credits each (型/形)

Chonan

weapons : 2 credits each

Ma-ai no jou shodan - combatitive distancing form of
the 4' staff 1st level 間合いの杖初段

Tai Chi Short Form 11 - 15 太极

tachi - stances : 0.5 credits each (立ち)

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

Uke Waza - blocks/defensive techniques : 0.5 credits each

(受け技)

shutou uke- knife hand block 手刀受け

atemi waza - striking : 0.5 credits each

(当て身技/当身技)

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

keri waza - kicking techniques : 0.5 credits each (蹴り技)

mikazuki geri - crescent kick 三日月蹴り
kake geri - front hook kick 掛け蹴り

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class
1 hour shodo class

interactive exercises : 1 credits each

zig-zag drill - while kicking
zig-zag drill - against grabbing
zig-zag - other than horizontal
katate osae - hand press かたて おさえ
kagi - wrist lock
gaeshi exercise - boken or jou 返し

concepts : 0.5 credits each

zig-zag - advanced

kohou - healing arts : 1 credits each ()

meridial stretch & basic sotaijutsu

densho - history : 0.5 credits each (伝承)

Kigan - praying hands 祈願

Kouchi gari - small inner reap

Kaishu - open hands 開手

tsukikomi jime - thrusting choke

Houken - covered fist 抱拳

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)



Curriculum to achieve 4th kyu: blue belt

4th kyu

Total Credits: 24

Miscellaneous

kata - forms : 2 credits each (型/形)

shudoso

general electives required

2 credits

weapons : 2 credits each

Ma-ai no jou nidan - combative distancing form of the
4' staff 2nd level 間合いの杖二段

Tai Chi Short Form 16 -20 太极

tachi - stances : 0.5 credits each (立ち)

sanchin dachi - three conflicts stance

ippon dachi - one -leg stance 一本足立ち

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

atemi waza - striking : 0.5 credits each

(当て身技/当身技)

shuto uchi - knifehand strike 手刀打ち

upper cut

uraken uchi - back fist strike 裏拳打ち

keri waza - kicking techniques : 0.5 credits each (蹴り技)

sausai geri - inner stomp

ushiro geri - back kick 後ろ蹴り

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

1 hour shodo class

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

kote mawashi - forearm turn-in 小手廻し

kote hineri - forearm twist 小手捻り

concepts : 0.5 credits each

the 90 - advanced

7-10

kohou - healing arts : 1 credits each ()

sheng (tonification, generation or creation) cycle - fire->

densho - history : 0.5 credits each (伝承)

pine - strength, health, friendship,
happiness 松

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

Osoto guruma - Large outer wheel

ude garami - Entangled arm lock

bamboo - honesty, pliancy - humble study 竹

plumb - courage, nobility, and beauty 梅



Curriculum to achieve 3th kyu: Green belt

3th kyu

Total Credits: 25.5

Miscellaneous

kata - forms : 2 credits each (型/形)

Pick one kata and show an alternative performance method

Nai han no kata- Mitose family iron horse kata

Tai Chi Short Form 21 - 25 太极

tachi - stances : 0.5 credits each (立ち)

shiko dachi - square stance 四股立ち

atemi waza - striking : 0.5 credits each (當身技/当身技)

haitou - inner knife hand 背刀

haishu - inverted inner knife hand 背手

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

1 hour shodo class

concepts : 0.5 credits each

reishiki - etiquette 礼式

kaizen - excellence 改善

Getting to the center pole

densho - history : 0.5 credits each (伝承)

The eight arts of Kosho Ryu

general electives required

4 credits

weapons : 2 credits each

Ma-ai no jou sandan - combatitive distancing form of the 4' staff 3rd level 間合いの杖二段

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

back hook kick

jumping reverse front kick

interactive exercises : 1 credits each

strike-parry with weapons

interactive vertical octagon - sword

interactive vertical octagon - jou

interactive vertical octagon - open handed

interactive vertical octagon - tanjou

kohou - healing arts : 1 credits each ()

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

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

ushiro goshi - rear hip throw

guillotine choke



Curriculum to achieve 2nd kyu: Brown belt

2nd kyu

Total Credits: 23.5

Miscellaneous

general electives required

4 credits

kata - forms : 2 credits each (型/形)

neko-buto shodan - Mitose's cat dance form
1

weapons : 2 credits each

tanjou rolling pattern - short sticks 短杖

Tai Chi Short Form 26 - 30 太极

nunchaku kata

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

atemi waza - striking : 0.5 credits each (當身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

Front hook kick
flying side kick

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class
1 hour shodo class

interactive exercises : 1 credits each

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

concepts : 0.5 credits each

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

kohou - healing arts : 1 credits each ()

shu and shen point surf 舒, 神

densho - history : 0.5 credits each (伝承)

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

Tomoe nage - stomach throw

triangle choke



Brown with black stripe

Curriculum to achieve 1st kyu: Brown with black stripe belt

1st kyu

Total Credits: 25

Miscellaneous

general electives required

4 credits

kata - forms : 2 credits each (型/形)

neko-buto nidan - Mitose's cat dance form 2

Tai Chi Short Form 31 - 35 太极

tachi - stances : 0.5 credits each (立ち)

atemi waza - striking : 0.5 credits each (当て身技/当身技)

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

1 hour shodo class

1 hour shodo class

concepts : 0.5 credits each

alignment

connection

go rin - 5 element theory 五輪

densho - history : 0.5 credits each (伝承)

weapons : 2 credits each

Bo-Bo Kumite

Toyama ryu no mae no teki - attack the front

戸山流の前の敵

Toyama ryu no migi no teki - attack the right

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

interactive exercises : 1 credits each

semi-freestyle bunkai - kansetsu waza joint locks

semi-freestyle bunkai - keri waza, kicking 蹴り技

semi-freestyle bunkai - uke no waza, blocking 受け技

semi-freestyle bunkai - koshi nage waza, hip/leverage

semi-freestyle bunkai - aiki nagae waza, harmonization

kohou - healing arts : 1 credits each ()

know the 6 harmonies

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

kata Guruma - shoulder wheel

omo plata - shoulder lock using legs



Curriculum to achieve 1st dan: Black belt

1st dan

Total Credits: 23.5

Miscellaneous

general electives required

6 credits

kata - forms : 2 credits each (型/形)

neko-buto sandan - Mitose's cat dance form
3

Tai Chi Short Form - 36 - 40 太极

weapons : 2 credits each

Michael Bernardo bo form #1

Toyama ryu no hidari no teki - attack the left

戸山流の左の敵

Toyama ryu no ushiro no teki - attack the rear

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

atemi waza - striking : 0.5 credits each (當身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

shodo - calligraphy : 0.5 credits each (書道)

shodan shodo project

interactive exercises : 1 credits each

Be able to explain through words, martial bunkai

concepts : 0.5 credits each

shorei - encouragement 諸礼
ato uchi waza - feinting tricks

kohou - healing arts : 1 credits each ()

Know overall concept for 5 element diagnosis

densho - history : 0.5 credits each (伝承)

David LoPriore Sensei - Smith sensei's koshu
teacher

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

kimura



Curriculum to achieve 2nd dan: Black belt

2nd dan

Total Credits: 20

Miscellaneous

general electives required

14 credits

kata - forms : 2 credits each (型/形)

weapons : 2 credits each

learn 2 credits worth of weapons

chatanyara no sai

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each
(受け技)

atemi waza - striking : 0.5 credits each
(当て身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

shodo - calligraphy : 0.5 credits each (書道)

interactive exercises : 1 credits each

semi-freestyle bunkai - chosin waza, centering tricks
semi-freestyle bunkai - keiru waza, disappearing tricks

concepts : 0.5 credits each

kohou - healing arts : 1 credits each ()

densho - history : 0.5 credits each (伝承)

ne waza and nage waza - ground techniques and throws : 1
credits each (寝技)



Curriculum to achieve 3rd dan: Black belt

3rd dan

Total Credits: 24

Miscellaneous

learn 8 credits of something from "outside"

general electives required

8 credits

kata - forms : 2 credits each (型/形)

weapons : 2 credits each

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each
(受け技)

atemi waza - striking : 0.5 credits each
(当て身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

shodo - calligraphy : 0.5 credits each (書道)

interactive exercises : 1 credits each

concepts : 0.5 credits each

kohou - healing arts : 1 credits each ()

densho - history : 0.5 credits each (伝承)

ne waza and nage waza - ground techniques and throws : 1
credits each (寝技)



Defensive Arts Plus General Electives

kata - forms: 2 credits each

Yang style Tai Chi long form	KSR coat of arms exercise
wan-su	bassai dai
te-lung - kun tao Iron dragon form	KSR energy collection meditation
undo - Dance of the earth	Pinan 1-5 - peaceful mind forms
nai-hanshi 1-3 - Okinawan karate iron horse	
bassai dai	
KSR energy collection meditation	
Pinan 1-5 - peaceful mind forms	

weapons: 2 credits each

nunchaku	Keishi ryu kata (5)
tanto rolling pattern - knife	Shindo munen ryu kata (12)
Toyama ryu no zen men no teki	Seite gata (10)
Toyama ryu no ushiro to mae no teki	tameshigiri - test cutting
Toyama ryu no hidari migi shomen no teki	ma-ai no jo 4-6
Toyama ryu no sue mono girri ippou ryodan	0

atemi waza - striking: 0.5 credits each

Ippon ken tsuki - one knuckle punch	nukite - spear hand
hira ken - half fist	rolling punches - Wing Chun
ear cup	0

keri waza - kicking techniques: 0.5 credits each

double roundhouse kick - low-high	yoko keage geri - shovel kick
jumping roundhouse kick	split kick
jumping reverse roundhouse kick	scissor kick
low back hook kick	360 jumping back kick
low roundhouse kick	tornado kick - 360 jumping inside crescent kick
jumping front kick	front twist kick
low back thrust kick	
jumping side kick	
jumping crescent kick	

interactive exercises: 1 credits each

sticky hands - various versions	
tachi-kumite - striking arts sparring	
ne-kumite - submission wrestling	
Chanbara	
Medieval European weapons sparring - Markland, DOGORHIR, etc...	

concepts: 0.5 credits each

shibumi	move twice
shorei - encouragement	holistic theory: the three, three hand postures,
7-10 concept shown in bunkai and bag-work	holistic theory: the one, the way (tao)
reishiki - etiquette	priest-posture - preparatory arts.

holistic theory: the eight, octagon, 8 subarts of kosho, eightfold path of budhism, the eight principles (from I-Ching)			0
the void			0
ato uchi waza - feinting			
ma-ai - combative distancing			
hyoshi - timing			

kohou - healing arts: 1 credits each

learn exact location and functions of the 6 yin shu	The 4 gates (2 points on each side = 4 points) -		
diurnal Qi flow and elemental correspondances:	Martial arts points and bunkai a) lieche LU-7, b) hegus LI-4, c) LI-8, 9, and 10, d) Quze LU-5		
sooji chim - Korean hand therapy	know 4 more martial arts applications for pressure points		
trace the lung (Lu) and large intestine meridians	know basic 5 element characteristics of metal		
trace stomach (St) and spleen (Sp) meridians	trace gall bladder (GB) and liver (Lv) meridians		
trace heart (Ht) and small intestine (Si) meridians	Trace bladder (Bl) and kidney (Ki) meridians		
Know basic 5 element characteristics of wood	trace pericardium (Pc) and triple warmer (Tw)		
Read Traditional Accupuncture Vol. III (Worsley)	know basic 5 element characteristics of water		
know basic 5 element characteristics of earth	know basic 5 element characteristics of fire		
The 4 command points: a) Lieche (LU-7) and b)			0
basic diagnosis (Dx) and treatment (Tx) of headaches			0
		0	0

densho - history: 0.5 credits each

Naha, Tomari, and Shuri (Okinawan Karate)	Mas Oyama (kyokushinkai Karate)		
Chojun Miyagi (Okinawan Goju Ryu Karate)	Gichin Funikoshi (Shotokan Karate)		
Jigoro Kano (Judo founder, kyu/dan obis)	eightfold path		
Gogen Yamaguchi (Japanese Goju Ryu Karate)	William Chow - Student of Mitose		
Takeda Sogaku - founder Daito Ryu Aiki-jujutsu	General Choi Yong - co-founder of Tae Kwon Do		
Hironori Otsuka - founder of Wado Ryu	Hwang Kee - co-founder of Tang-su-do, Moo Duk Kwan		
Morihei Ueshiba - founder of Aikido			0
Choki Motobu - Okinawan karate, naihanchi, Mitose's uncle			0
Takuan Soho - unfettered mind, Zen-buddhist			
Miyamoto Musashi - Book of 5 Rings, ronin			
Yagyu Munenori - Family Traditions on the Art of War, swordsman			
Thomas Young Hanshi - Student of Mitose			

shiwari -breaking: 1 credits each

basic single break with hand	2 break arrangement		
basic single break with foot	3 break arrangement		
held speed break with hand	4 break arrangement		
held speed break with foot	low kicking speed break		
dropped speed break with hand	double kicking break		
dropped speed break with foot			0
power break with multiple boards and spacers			0
power break with concrete spacer			0

shodo - calligraphy: 0.5 credits each

ko -old	other single kanji		
sho - pine tree	other brush styles - tensho, reisho, kaisho, gyosho,		

sho - encouragement	brush a phrase or paragraph
rei - encouragement, diligence	4 treasures - sumi, suzuri, fude, kami
ryu - school of thought	0
ken (kem) - fist	0
ho (po) - law	0
kara - empty	0
te - hand (手)	0
mu - no	0
shin - heart, mind	sumi-e orchid
do - the way (道)	sumi-e bamboo
sho - pine	sumi-e plumb blossom
chiku - bamboo	sumi-e chrysanthemum
bai - plumb	sumi-e daruma
in - yin	sumi-e shitake mushroom
yo - yang	sumi-e mount fuji
sei - truth	0
kai - organization	0
ka - fire	other single sumi-e element
sui - water	combined sumi-e and kanji or hiragana
do - earth	brush words or phrases in hiragana
kin - metal	0
boku - wood	0
to - sword, knife (刀)	0
	0
	0

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

upa	knee bar from inside the guard
passing the guard	side naked choke
standing passing the guard	0
heel hook	0
Boston Crab	0
Camel clutch	0

reading: 2 credits each

The book of 5 Rings - Miyamoto Musashi	True and Pure Karate and Kenpo - James M.
The Unfettered Mind - Takuan Soho	Kosho Ryu Kempo. The Last Disciple - Bruce Juchnik
Family Traditions on the Art of War - Yagyū Munenori	Kosho Ryu Kempo. To Fall Seven Rise Eight - Bruce Juchnik
The Art of War - Sun Tzu	Strategies and studies of Kosho Ryu Kempo - Bruce Juchnik
Three Budo Masters - John Stevens	I-Ching
Hagakure - Yamamoto Tsunetomo	Tao Te Ching - Lao Tzu
What is self Defense? Kenpo Jiu-Jitsu - James M. Mitose	0