

# GOJU SHIN RYU INTERNATIONAL MARTIAL ARTS



|      |   |        |
|------|---|--------|
| GO   | - | HARD   |
| JU   | - | SOFT   |
| SHIN | - | SPIRIT |
| RYU  | - | STYLE  |

# MEANING OF COLORS IN GOJU SHIN RYU BADGE (LOGO)

**GOLD** FOR RICHNESS

BLACK FOR PEACE AND PROTEST

**RED** FOR STRONG

# Handbook & Grading

This syllabus is unique in its format to GOJU SHIN RYU (School of Traditional Martial Arts).

Goju Shin Ryu's syllabus has been put down on paper in order to assist you in your journey through the traditional martial arts of Karate-do & Jiu Jitsu, Kobudo, kobujutsu, Kenpo Okinawa and Krav Maga.

This is a guide to your study and holds the information as to what is required at each stage of your training. Information not contained within these pages for example: individual elements of kata and bunkai are best passed on by way of demonstration and application with an instructor.

Traditional Martial Arts by its nature can be hard and gruelling and at times repetitive but at the same time rewarding and enjoyable. As the saying goes: *You only get out what you put in*. To get the most out of you, as with anything you wish to excel at practice has to extend beyond the training sessions that you attend. It is essential to practice (if possible) daily with the techniques you are trying to master. It is also beneficial to supplement training with other forms of exercise that will compliment your learning ability. To many including myself, traditional martial arts is not just an art it is a way of life. At the core in karate is a training exercise called Sanchin kata (sanchin meaning three battles) It is unique to goju and is infamous throughout martial arts. If trained properly it brings together the mind body and spirit in an awesome way and is quite a spectacle to see and feel, when performed correctly! Goju Ryu is possibly the original karate form from which all the styles of today have been developed. The content of this Goju shin system has been new and ready to pass down from sensei to student and upcoming generation thirty plus years.

The kata and bunkai along with the warm up, stretching and training drills that help develop a strong mind; body and spirit have remained virtually unchanged. This is why it is so effective as a self-defence system and exercise regime.

Jiu Jitsu is a method of close combat for defeating an armed and armored opponent in which one uses no weapon or only a short weapon. There are many variations of this art, which leads to a diversity of approaches. Jiu jitsu schools (*ryu*) may utilize all forms of grappling techniques to some degree (i.e. throwing, trapping, joint locks, holds, gouging, biting, disengagements, striking, and kicking). In addition to Jiu-Jitsu, kobujutsu and kobudo many schools teach the use of weapons. Each sensei of course will always have their own input into the dojo and as a result the training patterns may alter as different aspects of health and fitness are preferred, chosen or updated, however I hope the fundamentals will always remain unchanged.

Good luck with your training!

Sensei Varun Jettly

# Dojo

The enclosure in which Karate-Do is practiced is called DOJO in Japanese, traditionally known as a sacred place in which we train physically and mentally.

According to a Buddhist dictate, anywhere can be considered a Dojo. A Dojo is a miniature cosmos in which we come into contact with ourselves, our fears, anxieties, reactions and habits. It is an area of confined conflicts, where we challenge an opponent who is not an opponent, but rather a colleague determined to help us understand ourselves better. It is a place in which we can learn a lot about who we are and how we behave in the world in a short period of time. The conflicts that occur inside the Dojo help us understand what happens outside it. Total concentration and the discipline required to study Karate-do continue throughout everyday life. The activity in the Dojo asks us to search constantly for new things and it is also a source of learning in Zen terminology, a source of self-illumination.

## **DOJO KUN**

**HITOTSU: JINKAKU KANSEI  
NI TSUTOMERU KOTO**

*Work to perfect your character*

**HITOTSU: REIGI O  
OMONJIRU KOTO**

*Always act with good manners*

**HITOTSU: KEKKI NO YU O  
IMASHIMERU KOTO**

*Refrain from violent and  
uncontrolled behaviour*

**HITOTSU: DORYOKU NO  
SEISHIN O YASHINAU  
KOTO**

*Cultivate a spirit of endeavor  
and perseverance*

**HITOTSU: MAKOTO NO  
MICHIO MAMORU KOTO**

*Have fidelity in seeking a true  
way*



# **The Dojo Code**

- ⇒ Refrain from impetuous and violent behaviour.
- ⇒ Respect propriety.
- ⇒ Cultivate the spirit of Perseverance.
- ⇒ Be faithful and sincere.
- ⇒ Exert oneself in the perfection of character.

# Goju Shin Ryu Ceremony

Training session begins and ends with a ceremony. Instructions must be given by the oldest and highest-ranked student. Students must be correctly aligned, if possible, lined up in an even number of lines.

When line-up instruction is given (SHUGO), every student must line up correctly and quickly; this way students show their progress in karate.

## **BEGINNING OF TRAINING SESSION:**

SHUGO- To Line up

KI OTSUKU- Attention

SEIZA- Sitting on one's knees

SHINJE NI REI- Bow to the front (if there is a shrine or a photography)

SHOMEN NI REI -Bow to the front (if there is not a shrine)

SENSEI – Instructor

SENSEI NI REI -Teacher, we bow

ONEGAISHIMASU- said by all the students (please show/teach me)

## **END OF TRAINING SESSION**

SHUGO- To line up

KI OTSUKU – Attention

SEIZA- Sitting on one's knees

MOKUSO- Meditation

MOKUSO YAME- End of meditation

DOJO KUN- Beginning of training session

SHINJE NI REI -Bow to the front (if there is a shrine or a photography)

SHOMEN NI REI -Bow to the front (if there is not a shrine)

SENSEI NI REI -Teacher, we bow

ARIGATO GOZAIMASHITA -Said by all the students.

OTAGA NI -Students turn round and look at themselves in pairs

## **Hojo Undo (Supplementary/Additional Exercises)**

*1-Chishi, 2-Nigiri game, 3-Makiwara, 4-Kongoken, 5-Ishisashi, 6-Tan, 7-Tou, 8-Jari-bako, 9-Tetsu-geta, 10-Sashi-ishi, 11-Makiage-kigu, 12-Tetsuarei, 13-Temochi-shiki makiwara, 14-Round makiwara, 15-Saco de arena.*

The additional exercises are practised as a training aid to develop physical strength, stamina, speed and muscle coordination. The exercises are very useful for basic training. If students understand the principles behind each exercise and practice them methodically, they will greatly improve their body movement and capacity.

It is important to do these exercises regularly over a long period of time and then you will discover that your physical fitness has improved greatly. These exercises can help you overcome a dip in your physical condition. The development of physical strength requires time and students should not expect instant results.

I would like to highlight some of the more important issues when doing additional exercises with training aids:

1. Before starting to train, make sure the material is in good condition.
2. Look after the material carefully since it will help you develop your technique and capacity.
3. When you use the material, make sure you do not get in anyone else's way, since some of the material can be dangerous. If you practice in front of the mirror, make sure you do so at a safe distance from it.
4. After training, make sure you put the material away correctly. If you see that part of the material has not been put away correctly, put it back in its place.
5. It is important to know your physical condition and design an

exercise programme based on it and in accordance with your requirements.

6. When you use the oval iron (kongoken), which is very heavy, it is best to practice with the help of other students.

7. It is very important to know the limits of your physical strength. Choose the material that is right for you. You should not start with equipment that is too heavy for you. Make sure you start with material that you find easy to manage and then move on to heavy materials when you feel at ease with it.

8. If you are right-handed, make sure you do two or three times more repetitions with your left hand.

9. Maintain the correct posture while using the equipment. Lift the material from the floor carefully, making sure you bend your knees. Using the equipment in an incorrect posture can cause back and hip injuries. To lift the material, lower your hips and then raise them together with the equipment, holding it firmly with your hands. Always remember that everyday objects can also be used as training aids to develop your strength.

### **1-Chishi (rod with heavy stone)**



The chishi is used mainly to strengthen your grip and wrists. The exercises with the chishi also help strengthen your elbow, shoulder and wrist joints. Exercising with the chishi also improves your reaction times through tsuki (push or punch), shuto uke (knife and block), nagashi uke (fluid block) and hiki uke (grip block). Furthermore, exercising with the chishi develops the muchimi (heavy hand and hit) and the intensity of

your movement.

## **2-Nigiri-game (Holding jars)**



Holding the nigiri-game helps you develop a firm grip. Lifting the nigiri-game towards the front and sides strengthens your shoulders and wrists. Lifting the nigiri-game towards the back helps develop your forearm muscles and improve your posture.

Extend your toes and maintain your soles and toes firmly in contact with the floor as if they were stuck to it (like the roots of a willow spreading below the soil). Turn your knees inwards and tighten your thigh muscles. Training with the nigiri-game develops your stability, as well as strong hips, legs and feet.

Training with the nigiri-game strengthens the internal organs using the deep-breathing system. It also helps develop a strong lower abdomen area.

First of all, use an empty nigiri-game for training purposes. After a certain time, make it gradually heavier and heavier by adding sand. Add more sand as your physical strength improves. After you have developed a certain grip strength, use a nigiri-game with a straight nozzle. After you have even more gripping power, coat the nozzles of the jars with oil to make them more slippery. In order to increase your grip strength for the nigiri-game, practice holding tennis balls or small

pebbles.

### **3-Makiwara (Hitting post)**



Hitting the makiwara is one of the most basic exercises in karate. You can hit the makiwara using the seiken zuki, the shatei zuki or the hiji uchi. Hitting the makiwara hardens the first knuckles and the back and heel of the hand. It also strengthens the wrist. The makiwara can also be hit with your feet to develop your kicking power.

#### **4-Kongoken (Oval metal weight)**



The Kongo ken weighs at least 30-40 kg. Therefore, it is best to train with a colleague when using it. The exercises with the Kongo ken are effective for developing a strong body and more powerful throwing and grip techniques

#### **5-Ishisashi (Stone padlock)**



The Ishiashi is used to develop and strengthen the forearm muscles, the upper arm muscles and the wrists. Exercising with the ishiashi also makes your hands stronger and improves your pulling techniques.



### **6-Tan (Bar with weights)**



Exercising with the tan strengthens your upper arm muscles, forearms and lower extremities. It also helps strengthen your wrists, hips and neck.

### **7-Tou (Bundle of cane or bamboo sticks)**



Use a bundle of cane or thin bamboo sticks tied together at both ends with a piece of straw. Attack the bundle of canes with a nukite. The exercise strengthens your fingertips. You can also get hold of a piece of cane or bamboo after you have attacked the bundle and then try and put it towards you.

### **8-Jari-bako (Box of sand)**



Fill a box with beans, gravel or sand and then hit it with your fingers. Repeat the exercise 200 times with each hand every day to harden your fingertips and strengthen your finger joints. This exercise also adds power to knife hand attacks.

### **9-Tetsu-geta (Iron clogs)**



Exercises with iron clogs, which consist of walking and raising your legs, strengthen your leg muscles, abdomen and back. These exercises also make your kicks more powerful.

### **10-Sashi-ishi (Weights with natural stones)**



Exercising with the sashi-ishi strengthen the hips, wrists, hand attack power and kicking power. Exercising with the sashi-ishi also develops the muchimi (hitting hand) and the intensity of your movements.

### **11-Makiage-kigu (Wrist roller)**



The makiage kigu is used mainly to strengthen your grip and wrists. Exercising with the makiage kigu also develops the forearms.

### **12-Tetsuarei (Weights)**

Training with tetsuarei develops the strength of your hand attacks and your upper arm muscles, forearms, neck, chest, back and lower extremities. Exercising with tetsuarei helps develop power for basic techniques.

### 13-Temochi-shiki makiwara (Portable makiwara)



In its place, the pao (hitting cushion) can be used. The positive aspects of this type of training include being able to attack with your hands and feet from different angles and distances. It also helps improve the power of your punches, kicks and attacks with the elbow and knee.

### 14-Round makiwara



This is the same as a normal makiwara, but its round shape is used to harden the arms and palms of the hand, strengthening blocks and pushes.

## 15-Sandbag



The sandbag is a very interesting auxiliary piece for training in karate, since it can be used for two purposes: mental and physical-technical training.

Its mental value comes from confirming the effectiveness of your attacks, when, after training against the air or under very strict control against a colleague, you often wonder if what you are learning has any real practical application. Accordingly, the sandbag is important as a response to your doubts.

On a physical-technical level, it helps you develop muscle strength and improve the execution of your technique, especially regarding the balance you need for impact and distributing your weight to avoid the blow from being blocked.

# **THROWS**

- ☐ HIP THROW
- ☐ HALF HIP THROW
- ☐ HALF SHOULDER THROW
- ☐ FULL SHOULDER THROW
- ☐ BODY DROP
- ☐ SWEEPING HIP
- ☐ SPRING HIP
- ☐ INSIDE HIP
- ☐ OUTSIDE HIP
- ☐ RICE BALE throw

## The Grading System

What is a grading? A grading is a test of your progress of an achieved level of knowledge, skill and spirit. Colored belts are worn during training to reflect this to your Sensei and training partners so that they are aware at a glance of your level.

Traditional formal gradings are held on average every three months. These consist usually of three judges and one of your instructors. The judges sit at the table positioned at the top of the Dojo. Your Sensei stands to the right of the table and conducts your grading accordingly. Before your individual grading takes place, all students are taken through a warm up routine. As well as preparing your body for the grading this also calms the nerves. A minimum of two students are graded together so don't worry you won't be on your own.

Your grading starts with basics (Kihon). Once you have worked through these it's on to bag and pad work followed by form (Kata) and then application (Bunkai). Takedown techniques (Taoshi Waza) are introduced at green belt (6th Kyu). At brown belt (3rd Kyu) sparing (Kumite) is added. For shodan (1st Dan Black belt) alternative bunkai are added with weapon attacks for adults.

The grading content will vary depending on the individual and student numbers on the day, but rest assured: every student will earn their grade.

NOTE: Do not attempt your grading if you are ill or injured in any way that will hinder your performance!

*You can always grade next time.*

## Reasonable Grading Periods

8th Kyu - 2nd Kyu 3 months between grades: 20 sessions per grade

2nd Kyu - 1st Kyu 6 months

1st Kyu – Shodan 12 months

You will require a minimum of 20 training sessions between grades up to 2nd Kyu brown belt. After which a minimum of six months training is required to 1st Kyu brown belt. Then a further twelve months to Shodan. After attaining your 1st kyu brown belt you will have to train a minimum of twelve months towards Shodan after this period your Sensei will decide if and when you are ready to take your Shodan grading. This is an invitation only grading.

The belt (obi) / grade (Kyu) order is as follows: -

|                            |   |                           |
|----------------------------|---|---------------------------|
| <b>WHITE</b>               | - | <b>10 KYU</b>             |
| <b>YELLOW</b>              | - | <b>9<sup>TH</sup> KYU</b> |
| <b>ORANGE</b>              | - | <b>8<sup>TH</sup> KYU</b> |
| <b>GREEN</b>               | - | <b>7<sup>TH</sup> KYU</b> |
| <b>BLUE</b>                | - | <b>6<sup>TH</sup> KYU</b> |
| <b>PURPLE</b>              | - | <b>5<sup>TH</sup> KYU</b> |
| <b>PURPLE WITH 1 STRIP</b> | - | <b>4<sup>TH</sup> KYU</b> |
| <b>BROWN WITH 2 STRIP</b>  | - | <b>3<sup>RD</sup> KYU</b> |
| <b>BROWN WITH 1 STRIP</b>  | - | <b>2<sup>ND</sup> KYU</b> |
| <b>BLACK BELT</b>          |   |                           |



# GOJU SHIN RYU

## COLOUR BELT SYSTEM

|                     |   |                     |
|---------------------|---|---------------------|
| WHITE               | - | 10 KYU              |
| YELLOW              | - | 9 <sup>TH</sup> KYU |
| ORANGE              | - | 8 <sup>TH</sup> KYU |
| GREEN               | - | 7 <sup>TH</sup> KYU |
| BLUE                | - | 6 <sup>TH</sup> KYU |
| PURPLE              | - | 5 <sup>TH</sup> KYU |
| PURPLE WITH 1 STRIP | - | 4 <sup>TH</sup> KYU |
| BROWN WITH 2 STRIP  | - | 3 <sup>RD</sup> KYU |
| BROWN WITH 1 STRIP  | - | 2 <sup>ND</sup> KYU |
| BLACK BELT          |   |                     |

## GOJU SHIN RYU KATA LIST

☐ **Geik sa da ich**

☐ **Geik sa da ni**

☐ **Saifa**

☐ **Seyunchin**

☐ **Sanchin**

☐ **Sesochin**

☐ **Sensaru**

☐ **Sepia**

☐ **Kurunfa**

☐ **Tenshu**

## GOJU SHIN RYU WEAPON'S LIST

- ☐ BO (STAFF)
- ☐ TONFA
- ☐ SAI
- ☐ KATANA (SWORD)
- ☐ YAWARA STICK
- ☐ ESCRIMA STICK
- ☐ KNIFE

# YELLOW BELT

## -Basics (Kihon)

### -Stances (Dachi)

- I. Heiko dachi
- II. Zenkutsu dachi
- III. Han-Zenkutsu dachi
- IV. Sanchin dachi
- V. Shiko dachi

### -Blocks (Uke)

- I. Age uke
- II. Uchi uke
- III. Gedan barai
- IV. Soto uke

### -Strikes (Tsuki)

- I. Jodan tsuki
- II. Chudan tsuki
- III. Gedan tsuki
- IV. Shuto tsuki
- V. Uraken tsuki
- VI. Mae empi tsuki

### -Kicks (Geri)

- I. Mae geri
- II. Mawashi geri

### -Bag / Pad work

The techniques in the list that you have learned are to be demonstrated using bags and pads

### -Form (Kata)

- I. GIKSA Da Ich
- Back fall
- Side fall
- Breaking hair front
- Breaking laple grab

Breaking front strangles  
Breaking with strick punch  
Block with kick  
Breaking board

# **Orange Belt**

-Kihon

## **-Dachi**

- I. Heiko dachi
- II. Zenkutsu dachi
- III. Han-Zenkutsu dachi
- IV. Sanchin dachi
- V. Shiko dachi
- VI. Neko ashi dachi

## **-Uke**

- I. Age uke
- II. Uchi uke
- III. Gedan barai
- IV. Hiki uke
- V. Soto uke
- VI. Mawashi uke

## **-Tsuki**

- I. Jodan tsuki
- II. Chudan tsuki
- III. Gedan tsuki
- IV. Morote tsuki
- V. Shuto uchi
- VI. Uraken uchi
- VII. Mae empi uchi
- VIII. Morote kakuto uchi

## **-Geri**

- I. Mae geri
  - II. Mawashi geri
  - III. Kin geri
  - IV. Kansetsu geri
- Bag / Pad work

The techniques in the list that you have learned are to be demonstrated  
using bags and pads  
kata

Gekisai Dai Ichi (junior & senior)

Break Ground strangle 1

Break Ground strangle 2

Breaking board

Outside hook

Combination hook

Breaking Rear strangle

Hip throw

# Green Belt

## -Kihon

### I. **Dachi**

- II. Heiko dachi
- III. Zenkutsu dachi
- IV. Han-Zenkutsu dachi
- V. Sanchin dachi
- VI. Shiko dachi
- VII. Neko ashi dachi

### -Uke

- I. Age uke
- II. Uchi uke
- III. Gedan barai
- IV. Hiki uke
- V. Soto uke
- VI. Mawashi uke

### -Tsuki

- I. Jodan tsuki
- II. Chudan tsuki
- III. Gedan tsuki
- IV. Morote tsuki
- V. Shuto uchi
- VI. Uraken uchi
- VII. Mae empi uchi
- VIII. Morote kakuto uchi

### -Geri

- I. Mae geri
- II. Mawashi geri
- III. Kin geri
- IV. Kensetsu geri



## V. Yoko geri

-Bag / Pad work  
The techniques in the list that you have learned are to be demonstrated using bags and pads.

### **-Kata**

I. Gekisai Dai Ichi (jnr & snr)

II. Gekisai Dai Ni (jnr & snr)

III. Sanchin (snr)

### **-Bunkai**

I. Gekisai Dai Ichi ( jnr & snr)

II. Gekisai Dai Ni (snr)

Performed with Takedown techniques (Taoshi Waza)

Breaking board

Front Breakfall

Front Rolling Breakfall

Back Rolling

Escape from wrist Lock

Escape from Front bear hug

Escape from rear bear hug

# Blue Belt

-Kihon

## **-Dachi**

- I. Heiko dachi
- II. Zenkutsu dachi
- III. Han-Zenkutsu dachi
- IV. Sanchin dachi
- V. Shiko dachi
- VI. Neko ashi dachi

## **-Uke**

- I. Age uke
- II. Uchi uke
- III. Gedan barai
- IV. Hiki uke
- V. Soto uke
- VI. Mawashi uke
- VII. Nagashi uke

## **-Tsuki**

- I. Jodan tsuki
- II. Chudan tsuki
- III. Gedan tsuki
- IV. Morote tsuki
- V. Shuto uchi
- VI. Uraken uchi
- VII. Mae empi uchi
- VIII. Morote kakuto uchi
- IX. Tettsui uchi
- X. Haito uchi

## **-Geri**

- I. Mae geri
- II. Mawashi geri
- III. Kin geri
- IV. Kensetsu geri
- V. Yoko geriVI. Ushiro geri

## **-Bag / Pad work**

Breaking board

The techniques in the list that you have learned are to be demonstrated using bags and pads.

-Kata

I. Gekisai Dai Ichi (jnr & snr)

II. Gekisai Dai Ni (jnr & snr)

III. Sanchin (jnr & snr)

IV. Saifa (snr)

-Bunkai

I. Gekisai Dai Ichi (jnr & snr)

II. Gekisai Dai Ni (jnr & snr)

(Performed with Taoshi Waza)

Breaking ground strangle 1

Breaking ground strangle 2

Shoulder lock

Standing lock

Standing arm lock

Body drop

Pressure points

Handstand breakfall

Shoulder arm lock

Wrist throw with lock

# Purple Belt

-Kihon

## **-Dachi**

- I. Heiko dachi
- II. Zenkutsu dachi
- III. Han-Zenkutsu dachi
- IV. Sanchin dachi
- V. Shiko dachi
- VI. Neko ashi dachi

## **-Uke**

- I. Age uke
- II. Uchi uke
- III. Gedan barai
- IV. Hiki uke
- V. Soto uke
- VI. Mawashi uke
- VII. Nagashi uke
- VIII. Ko uke

## **-Tsuki**

- I. Jodan tsuki
- II. Chudan tsuki
- III. Gedan tsuki
- IV. Morote tsuki
- V. Heiko tsuki
- VI. Shuto uchi
- VII. Uraken uchi
- VIII. Mae empi uchi
- IX. Morote kakuto uchi

## **-Geri**

- I. Mae geri
- II. Mawashi geri

III. Kin geri

IV. Kensetsu geri

V. Yoko geriVI. Ushiro geri

-Bag / Pad work

The techniques in the list that you have learned are to be demonstrated using bags and pads

-Kata

I. Gekisai Dai Ichi (jnr & snr)

II. Gekisai Dai Ni (jnr & snr)

III. Sanchin (jnr & snr)

IV. Saifa ( jnr & snr)

-Bunkai

I. Gekisai Dai Ichi (jnr & snr)

II. Gekisai Dai Ni (jnr & snr)

III. Saifa (snr)

(Performed with Taoshi Waza)

Reclining leg throw

Breaking rear back strangle

Full shoulder throw

Front bear hug

Escape from head lock

Wrist lock

Holding & locking ground throw

Lock wheel throw

Elbow shoulder lock

Elbow lock

Breaking board

# Purple with 1 strip

-Kihon

## **-Dachi**

- I. Heiko dachi
- II. Zenkutsu dachi
- III. Han-Zenkutsu dachi
- IV. Sanchin dachi
- V. Shiko dachi
- VI. Neko ashi dachi

## **-Uke**

- I. Age uke
- II. Uchi uke
- III. Gedan barai
- IV. Hiki uke
- V. Soto uke
- VI. Mawashi uke
- VII. Nagashi uke
- VIII. Ko uke
- IX. Kuri uke
- X. Suki uke
- XI. Shotei otoshi uke

## **-Tsuki**

- I. Jodan tsuki
- II. Chudan tsuki
- III. Gedan tsuki
- IV. Morote tsuki
- V. Heiko tsuki
- VI. Shuto uchi
- VII. Uraken uchi
- VIII. Mae empi uchi
- IX. Morote kakuto uchi
- X. Tettsui uchi

XI. Nukite  
XII. Furi uchi

-Geril. Mae geri  
II. Mawashi geri  
III. Kin geri  
IV. Kensetsu geri  
V. Yoko geri  
VI. Ushiro geri

-Bag / Pad work  
The techniques in the list that you have learned are to be demonstrated using bags and pads

-Kata  
I. Gekisai Dai Ichi (jnr & snr)  
II. Gekisai Dai Ni (jnr & snr)  
III. Sanchin (jnr & snr)  
IV. Saifa jnr & snr  
V. Seiyunchin snr

-Bunkai  
I. Gekisai Dai Ichi ( jnr & snr)  
II. Gekisai Dai Ni (jnr & snr)  
III. Saifa (jnr & snr)  
(Performed with Taoshi Waza)

Thumb lock  
Counter barchock  
Shoulder dislocation  
Defend against right & left punch  
Kneewheel throw  
Intermediate ground teqnices & chocks  
Breaking board

## 2nd Kyu Brown Belt

-Kihon

### **-Dachi**

- I. Heiko dachi
- II. Zenkutsu dachi
- III. Han-Zenkutsu dachi
- IV. Sanchin dachi
- V. Shiko dachi
- VI. Neko ashi dachi

### **-Uke**

- I. Age uke
- II. Uchi uke
- III. Gedan barai
- IV. Hiki uke
- V. Soto uke
- VI. Mawashi uke
- VII. Nagashi uke
- VIII. Ko uke
- IX. Kuri uke
- X. Suki uke
- XI. Shotei otoshi uke

### **-Tsuki**

- I. Jodan tsuki
- II. Chudan tsuki
- III. Gedan tsuki
- IV. Morote tsuki
- V. Heiko tsuki
- VI. Shuto uchi
- VII. Uraken uchi
- VIII. Mae empi uchi
- IX. Morote kakuto uchi
- X. Tettsui uchi



- XI. Nukite
- XII. Furi uchi
- Geril. Mae geri
- II. Mawashi geri
- III. Kin geri
- IV. Kensetsu geri
- V. Yoko geri
- VI. Ushiro geri

### **-Bag / Pad work**

The techniques in the list that you have learned are to be demonstrated using bags and pads

#### **-Kata**

- I. Gekisai Dai Ichi (jnr & snr)
- II. Gekisai Dai Ni (jnr & snr)
- III. Sanchin (jnr & snr)
- IV. Saifa (jnr & snr)
- V. Seyunchin ( jnr & snr)

#### **-Bunkai**

- I. Gekisai Dai Ichi ( jnr & snr)
- II. Gekisai Dai Ni (jnr & snr)
- III. Saifa (jnr & snr)
- IV. Seyunchin (snr)

(Performed with Taoshi Waza)

5 throws

Wrist locks

Pressur points

Counter bar chock front

Counter to back arm, collar hold chock

Throwing openent from behind

Breaking board

# 1st Kyu Brown Belt

-Kihon

## **-Dachi**

- I. Heiko dachi
- II. Zenkutsu dachi
- III. Han-Zenkutsu dachi
- IV. Sanchin dachi
- V. Shiko dachi
- VI. Neko ashi dachi

## **-Uke**

- I. Age uke
- II. Uchi uke
- III. Gedan barai
- IV. Hiki uke
- V. Soto uke
- VI. Mawashi uke
- VII. Nagashi uke
- VIII. Ko uke
- IX. Kuri uke
- X. Suki uke
- XI. Shotei otoshi uke
- XII. Juji uke

## **-Tsuki**

- I. Jodan tsuki
- II. Chudan tsuki
- III. Gedan tsuki
- IV. Morote tsuki
- V. Heiko tsuki
- VI. Shuto uchi
- VII. Uraken uchi
- VIII. Mae empi uchi
- IX. Morote kakuto uchi

- X. Tettsui uchi
- XI. Nukite
- XII. Furi uchi-Geri
- I. Mae geri
- II. Mawashi geri
- III. Kin geri
- IV. Kensetsu geri
- V. Yoko geri
- VI. Ushiro geri

### **-Bag / Pad work**

The techniques in the list that you have learned are to be demonstrated using bags and pads

#### **-Kata**

- I. Gekisai Dai Ichi (jnr & snr)
- II. Gekisai Dai Ni (jnr & snr)
- III. Sanchin (jnr & snr)
- IV. Saifa (jnr & snr)
- V. Seyunchin (jnr & snr)
- VI. Geri Waza (snr)

#### **-Bunkai**

- I. Gekisai Dai Ichi (jnr & snr)
  - II. Gekisai Dai Ni (jnr & snr)
  - III. Saifa (jnr & snr)
  - IV. Seyunchin (jnr & snr)
- (Performed with Taoshi Waza)

#### **-Kumite**

(Meeting of hands)

jnr & snr

Breaking board

## **10 THROWS**

- ☐ HIP THROW
- ☐ HALF HIP THROW
- ☐ HALF SHOULDER THROW

- ☐ FULL SHOULDER THROW
- ☐ BODY DROP
- ☐ SWEEPING HIP
- ☐ SPRING HIP
- ☐ INSIDE HIP
- ☐ OUTSIDE HIP
- ☒ RICE BALE

# Shodan (Black Belt)

## Dansha Gradings

It is expected that by shodan level students have approximately 90% knowledge of dojo terminology in the Japanese language.

Gradings are conducted mostly in Japanese as follows:

### Syllabus

Traditional warm up

Basic through to advanced techniques

Moving techniques

Free choice - techniques announced in Japanese performed as functional combinations

Pad work

Kakie + finishing techniques

Body conditioning

Chishi - all routines

Wrestling

Ippon kumite

Kata - including all previous kata, plus Sanchin shime testing

Kata bunkai + renzoku no bunkai

(Supplimentary kata, bunkai and weaponry at Examiner's discretion)

16 man kumite - 16 x 1.5 minute rounds, no stopping

Belt whipping - 20 seconds, by 2 senpai

### Origins of the 10 man kumite

The part that keeps every promising Black Belt up the night before the test, at least dwelling on it for a while, the **ten man kumite**. After about two and half hours of Dansha testing students are required to fight 16 individuals for one and half minute rounds. This totals 24 minutes of continuous sparring (semi contact).

Not only is a standard of fitness important for this but also a strong mental condition (spirit). Irrespective how fit a participant is, he or she, if they put 100% effort into it will be worn out at the end of 24 minutes. I have seen people take this test and try to conserve energy for the last few fights, this is not what I am looking for. A good 10 man fight (when I say man, I of course mean mankind, both man and woman) is when

students give their all physically and the spirit then carries them onto the end. When we are tired and feeling sick in the stomach, a little bruised, it is all too easy to give up, in fact the body sends messages to the brain for this to happen. Unless the spirit can override this request, we will feel like giving up throughout the sparring and it will be noticeable to the examiner.

After accomplishment of the 10 men fight my black belts are allowed to wear a Black gi whenever they want to during training unless otherwise stated to wear the white one. The black gi to us in the Goju Shin Ryu is a symbol of the 10-man fight.

I did like the idea of some kind of endurance test for the spirit and hardness of body, so I included the 10 men fight and like all good teachers should teach by example; I underwent the 16 man fight too. I will not give my students tasks to do that I cannot do myself, being satisfied that the 10-man fight can bring even the mighty to their knees. I have kept it at that number ever since.

## **Weaponery Training**

Rear throw

Side wheel

Shoulder crash

*Good Luck in your  
training!*

*“Be a good person and  
do good and good  
people will come along  
and join you.”*

*Shihan Varun Jettly*