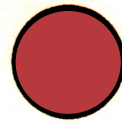


**BUSHIDO-KAI**  
**GAKUSEI**  
**BENRAN**



Digital Edition 2012



*The*  
**BUSHIDO-KAI**  
**STUDENT**  
**HANDBOOK**

# **BUSHIDO-KAI GAKUSEI BENRAN**

## ***Bushido-kai Student Handbook***

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# ***SOSHIKI***

## **FRAMEWORK**

### **▷ PHILOSOPHY**

### **▷ BENEFITS AND ACTIVITIES**

Seminars  
Dinners

### **▷ FINANCIAL CONSIDERATIONS**

Tuition, Dues and Late Fees

### **▷ RULES, REGULATIONS AND CUSTOMS**

Etiquette  
Visitors  
Cleaning  
Improprieties  
Proper Procedures  
Visiting Other Schools/ Studying Other Arts  
Coming from Other Schools/ Cross-grading  
Care of Uniform  
Leaves-of-Absence

### **▷ EXAMINATIONS**

Grading Procedure  
Minimum Time-in-Grade Requirements

## ▷ PHILOSOPHY

We believe that the martial arts are for both mental and physical development and that character as well as technique must be shown for advancement.

The nature of the martial arts is not competitive although competitions can be used from time to time as a test of one's own skill. The purpose of studying a martial art is not to get a trophy, a competitive rating, or even a rank — the purpose is self-development.

For most people, self-defense is part of self-development thus what we teach should have a connection to self-defense; but we also realize that students study for a variety of reasons. Each artist develops in his or her own way along the lines of a given style or art, but ultimately the style is a tool to the artist's personal end, not an end in itself.

## ▷ BENEFITS AND ACTIVITIES

### SEMINARS

Over the years BUSHIDO-KAI has become known for offering seminars on various martial arts and martial-art-related subjects. We consider these an invaluable additional learning experience for students and, in most cases, a chance to work out with students from other schools. Most seminars are geared toward all levels of student, but even a seminar intended for more experienced students can be both educational and fun for the novice. Usually, we suggest that the new student have earned *hachikyu* in one of our arts before attending (so he/she has some sense of basics), but that is the only limitation unless especially noted on the seminar literature.

### DINNERS / PARTIES

A number of times a year, BUSHIDO-KAI offers social events for its members. These may be impromptu or a regularly scheduled event. For instance, students may gather to go out to dinner after class or after an examination. Post-seminar activities often include a dinner at a local restaurant.

Among our scheduled events are

- THE ANNUAL DOJO DINNER (January or February each year), to celebrate the founding of the dojo. This dinner usually coincides with Sensei's birthday, so we have two celebrations at once.
- THE ANNUAL SUMMER SHINDIG (August)
- THE ANNUAL HOLIDAY PARTY (December)

### THE BUSHIDO-KAI BUDOYA

Most martial arts schools have their own "store" in the dojo for uniforms and equipment. Our *budo*ya (martial ways shop) has more than just uniforms. First, we can order from a number of different supply houses to obtain special equipment for students. Second, we have a selection of videotapes, manuals and charts unavailable in any other school. Visit us online at [www.bushido-kai.net](http://www.bushido-kai.net). Look for the **BUDOYA** tab.

# ▷ FINANCIAL CONSIDERATIONS

## TUITION DUES AND LATE FEES

Tuition is commonly paid annually and can be paid online on our Student's page (ask about how to access this private page).

September through November of each year, BUSHIDO-KAI collects annual federation dues (currently \$20-25 per year), which covers the student for the next full calendar year. After October 31st, there is a \$5 late fee per month.

# ▷ RULES, REGULATIONS & CUSTOMS

## ETIQUETTE

The martial arts are steeped in ancient Asian traditions, most of which have been modified or discarded for modern use. However, the student must realize that certain proprieties are expected at BUSHIDO-KAI. Specific etiquette will be explained to the new students.

It is important that the student show respect to the dojo, the teacher, and also to his/her seniors regardless of their age, sex, personality or past training. Tardiness to class, excess talking, horseplay, rudeness, and cockiness are all considered inappropriate to martial arts training. Although the mode of discipline varies from art to art, discipline is primary to all the arts.

At BUSHIDO-KAI we try to encourage self-discipline. Rather than penalize for occasional gaffs, we try to educate students regarding customs of etiquette so that politeness becomes second nature.

## VISITORS

Friends and relatives of students are welcomed as observers at any time. The student is expected to inform visitors of the dojo proprieties which pertain to them.

## CLEANING

To engender respect for the facilities as well as to conform to oriental tradition, students are asked to aid in cleaning the dojo before class. *Soji* is "ritual cleaning" which has been adapted to our needs. *Soji* done in this way makes our school always clean and neat, makes students feel responsibility and "ownership" and shares cleaning the entire dojo so that it is done in a manner that is quick, easy and often fun.

## IMPROPRIETIES

> NO SMOKING IN DOJO!

> NO SHOES ALLOWED ON MAT (In special circumstances this rule may be adjusted. For example, shoes are allowed on mat during Tai Chi classes if they are cloth soled tai-chi shoes; shoes are allowed during work sessions where it would be unsafe to be barefoot.)

> NO RINGS, JEWELRY, RELIGIOUS MEDALS, ETC. ON THE MAT. They may cause you or fellow students injury (If street clothes must be worn, please empty pockets and remove belt.)

- > NO VISITORS OR GUESTS ON THE MAT WITHOUT PERMISSION  
(Usually this will require signing a waiver of responsibility for injury.)
- > NO NEW MEMBER IS ALLOWED ON THE MAT UNTIL HIS/HER WAIVER IS PROPERLY SIGNED AND DUES ARE PAID.
- > NO PRACTICE FIGHTING WITHOUT PERMISSION  
(This usually will require a black belt referee to be present.)
- > DO NOT ROUGHHOUSE ON THE MAT OR IN THE DOJO!
- > DO NOT USE WEAPONS WITHOUT PERMISSION!  
(To use weapons one must have previous experience or be at least of brown belt level and use the weapons in an open area. As students start entering the mat, one is expect to curtail weapons use.)

## **PROPER PROCEDURES**

- > FINGER AND TOES NAILS KEPT SHORT
- > HAIR KEPT NEAT (tied back or trimmed)
- > UNIFORM OR WORKOUT CLOTHES KEPT CLEAN AT ALL TIMES  
(WASHED REGULARLY); we suggest owning a uniform for each day of practice, so that you always have a fresh uniform without having to wash it every evening.
- > OVERALL PERSONAL CLEANLINESS.
- > WEAR THONGS, SANDALS OR OTHER FOOT COVERING WHEN OFF THE MAT.
- > WHEN SENSEI IS NOT ON THE MAT OR NOT PRESENT FOR THE WORKOUT, A SENIOR STUDENT OR STUDENT OF SENSEI'S CHOICE WILL BE IN CHARGE. ALL OTHER MEMBERS, REGARDLESS OF THEIR RANK, WILL COMPLY TO HIS/HER DIRECTIONS AS IF SENSEI WERE PRESENT.
- > ALWAYS ASK PERMISSION TO LEAVE THE MAT AND ALSO TO RETURN TO THE MAT WHEN CLASS IS IN SESSION.

### **Important Notice!**

BUSHIDO-KAI has the atmosphere of a familiar club but it is important that no one take advantage of this familiarity.

A student may be dismissed or suspended at any time by the senior instructor.

## **VISITING OTHER SCHOOLS / STUDYING OTHER ARTS**

There is an old Japanese maxim that goes something like, "He who chases two rabbits catches nothing!" It was used to admonish students for dissipating their efforts by studying more than one martial art. Yet Japanese masters often have dan-grades in 2 or 3 martial arts. Clearly they either studied a number of arts sequentially or they contradicted the maxim and studied them simultaneously.

At BUSHIDO-KAI we offer more than one martial art for the student's enrichment; we invite guest instructors to the dojo, have clinics and seminars in the dojo. and encourage attending outside seminars or visiting other schools for that same purpose. One's prime art is enriched by the knowledge of other arts.

However we cannot be all things to all people and there maybe another art that a student wishes to study contiguously with our TAKESHIN martial arts. As long as it does not conflict with the other instructor or school, BUSHIDO-KAI has no conflict with this practice. Students may study the TAKESHIN martial arts as their prime emphasis or as a minor complement to another primary art.

We do, however, ask that proper etiquette be used when requesting permission to study at another school. This request is a formal way of informing Sensei of your plans for training. One must be aware that although a student may study at BUSHIDO-KAI part-time, he/she may not be getting the full instruction at BUSHIDO-KAI he/she needs for rank advancement or even the full understanding of our arts. We will not attempt to hold things back from a part-time student—inconsistent attendance creates its own problems.

Every student has the right, we feel, to structure his/her own martial curriculum, but few students have the ability to do so with wisdom. A student may wish to ask Sensei's advice regarding additional training outside the dojo. The Japanese maxim, "He who chases two rabbits catches nothing!" was used, some feel, to control the student. Since we believe that independence is key to a student's development, we do not wish to control what a student really wishes to study, however, like children in candy shops, the very freedom to choose what one wants may lead to a situation where independence leads to an unproductive training regimen where the student is too dissipated to glean more than a feint taste of what is offered and ends his training without the satisfaction of either mastery or defined accomplishment.

SUMMARY:
● Feel free to visit other schools or attend outside seminars.
● With Sensei's permission, one may study any number of "outside" arts.
● Consider carefully your direction and overall goal; try not to spread yourself too thin. You may wish to ask Sensei's advice in this matter.

## COMING FROM OTHER SCHOOLS / CROSS-GRADING

Students from other arts or styles are welcomed at BUSHIDO-KAI. If the previously studied discipline is relatively close to that which is taught at BUSHIDO-KAI, a cross-ranking examination can be arranged after a minimum of 3 months of retraining. The student does not lose his/her rank in the previously studied style, nor should he/she forget what was learned; rather, BUSHIDO-KAI instruction tries to incorporate, wherever possible, previous skills at their appropriate level in the BUSHIDO-KAI curriculum.

Naturally, if a dissimilar style has been previously studied, the student will begin as a novice but will advance more quickly because of past experience. BUSHIDO-KAI cannot guarantee rank-equivalency based on previous study, although it attempts to recognize previously learned skills.

## LEAVES OF ABSENCE

BUSHIDO-KAI is like both a family and an academy. We expect people to be considerate of each other regardless of their status or relative rank.

From time to time a student finds it difficult to maintain his/her regular lesson schedule, but would like to return in good standing after a certain period of time. A leave-of-absence is a formal way to request time off while showing respect for the dojo and sensei and a desire to return to study.

The following guidelines have been established to help students maintain good relationships with the dojo during periods away from training:

- **FOR PERIODS OF LESS THAN A MONTH:**

No action is necessary, but often students are courteous enough to report by phone or in person that they will be away from class.

- **FOR PERIODS OF UP TO TWO MONTHS:**

Phone or personal notice should be given.

- **FOR PERIODS OVER TWO MONTHS:**

A formal leave-of-absence should be filed, stating clearly the amount of time expected away from the dojo. For the student's convenience the sample form presented here may be photocopied and filled in. **Leave-of-absence letters should be filed with Sensei as soon as possible.** If plans change, a student may always modify the leave. If a student finds that he/she will need more time away from the dojo than first estimated, an extension can be obtained by verbal or written request.

## NOTICE

It is always wise to take a formal leave-of-absence if you think you will be absent from the dojo for more than two months. Students who do not take a leave-of-absence during the time-off, may be denied re-admission to the school, or, if re-admitted, may be required to pay the full initiation fee.

In the past, some students have taken leaves without returning or have taken leaves, returned for one month only to take another leave. In order to discourage abuse of membership rights and to minimize record-keeping, BUSHIDO-KAI *limits leaves of absences to 1-year per leave and no more than 3 leaves can be taken in a 5-year period.* Should a leave exceed these limitations, it will automatically be canceled.

BUSHIDO-KAI reserves the right to limit its acceptance of new and returning students to keep the class sizes manageable and productive.

*IMPORTANT: This form may be photocopied.  
Retain original in handbook for future use.*



**IMPORTANT: This form may be photocopied.  
Retain original in handbook for future use.**

### LEAVE OF ABSENCE REQUEST FORM

(use this form or a similarly structured letter)

LEAVES GRANTED FOR UP TO ONE YEAR; NO MORE THAN 3 LEAVES IN A FIVE YEAR PERIOD

Dear sensei,

I have found it necessary to request a leave-of-absence from BUSHIDO-KAI. I hope you will be kind enough to secure my place at the dojo until my return.

I plan my final lesson on \_\_\_\_\_.

I hope to resume instruction on \_\_\_\_\_.

*space for personal comment or details:*

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Sincerely,

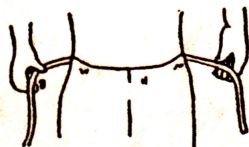
(signature)

name \_\_\_\_\_  
address \_\_\_\_\_  
town \_\_\_\_\_  
state, zip \_\_\_\_\_  
phone \_\_\_\_\_

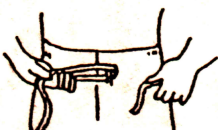
<i>do not write below</i>			
received _____	accepted <input type="checkbox"/>	rejected <input type="checkbox"/>	other _____
further information requested _____			
extension requested _____			
date requested _____	date to return _____	date requested _____	date to return _____
date requested _____	date to return _____	date requested _____	date to return _____
date requested _____	date to return _____	date requested _____	date to return _____
LEAVES GRANTED FOR UP TO ONE YEAR; NO MORE THAN 3 LEAVES IN A FIVE YEAR PERIOD			

# CARE OF UNIFORM

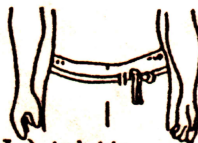
## HOW TO WEAR THE GI



1.) Pull on draw strings to tighten pants.



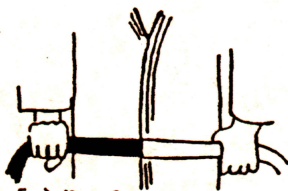
2.) Then thread the draw strings thru the eye in front of the Gi pants;



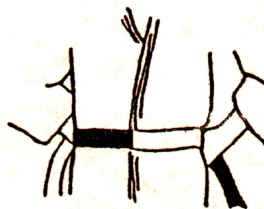
3.) And tie.



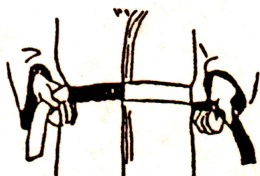
4.) Next put on the Gi coat and cross left over right.



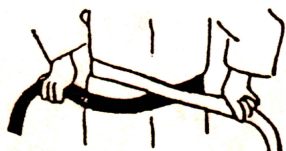
5.) Now lay the Gi belt across the front of the Gi coat;



6.) And draw the belt around and in back of you.



7.) Bring the two ends back to the front.



8.) This is the back view of number six.



9.) And the back view of number seven.



10.) Now cross the belts over and bring the black belt



11.) under both layers of the belt.



12.) Then tie both ends into a square knot.

# HOW TO FOLD THE GI

(This one of many ways: neatness and compactness are the main objectives.)



First lay the GI trousers flat and tie draw strings.



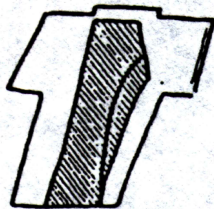
Then fold one side over the other.



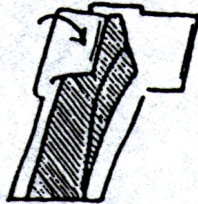
Then fold the seat of the pants over.



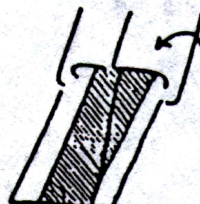
Now fold the whole back portion over.



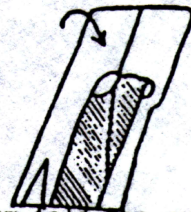
Lay the GI coat flat and place the trousers in the middle of it.



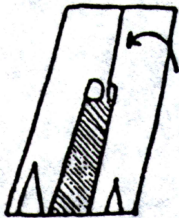
Then fold one sleeve over to the middle of the GI.



Repeat the same on the other side.



Now fold the outside edge over again toward the center of the GI.



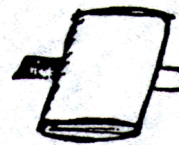
Repeat the same on the other side.



Now fold one side so that it will cover both folds.



And from the bottom fold the GI into thirds, halves, or roll it up.



Now lay the GI coat on top of the GI belt, and tie the belt in the usual way.

# ▷ EXAMINATIONS

## EXAMINATION PROCEDURES

(Exam procedures have changed since the incorporation of BUSHIDO-KAI as a small, private dojo that teaches only private and semi-private classes. )

- **METHOD 1: AWARDED BY SENSEI**

Ranks may be awarded by Sensei in class at any time. Exam fees will be assessed after the rank is awarded.

- **METHOD 2: INTENT TO EXAMINE**

The student may inform Sensei of his/her intent to take an exam, at which time Sensei will try to tailor parts of semi-private lessons to that end. Sensei will keep the student apprised of his/her progress and will award a rank in class when requirements have been fulfilled. Exam fees will be assessed after the rank is awarded.

- **METHOD 3: FORMAL EXAMS**

The student may request a formal exam, at which time Sensei will arrange a date with the student. The exam will be paid for in advance and given at the agreed upon time and place.

## GRADING PROCEDURES

- P** = passing grade
- P-** = passing grade, but take note of a small error
- p/b** = pass-borderline: adequate presentation, but a notable weakness or flaw; 3 p/b = 1B
- B** = borderline grade: weak execution; 3B = F
- F** = failure: very poor execution, execution of wrong technique, no knowledge of technique; 1F = exam failure

### NOTE:

Passing exam grades do not imply that the candidate will immediately be awarded rank!

Examinations are merely a formal method by which the student demonstrates to Sensei and/or a board of seniors that he/she has attained a certain level of knowledge and skill.

Ranks are awarded only by a qualified instructor or federation. Therefore, Sensei will review the results of the examination and will produce one of the following possibilities:

Results of Exam	Sensei's Decision
<b>FAIL</b> .....	To Be Re-examined
<b>PASS</b> .....	Passed exam but <b>Rank Withheld</b> for further qualification: those things which, in Sensei's opinion, need improvement will be detailed for the student. Sensei will award rank to the student in class when these qualifications have been met.
<b>PASS</b> .....	Passed exam and <b>Rank Awarded</b>

## MINIMUM TIME-IN-GRADE REQUIREMENTS

RANK		MINIMUM TIME (in years) FROM PREVIOUS RANK
for GOKYU		
for SANKYU		
for SHODAN		two years from initiation

- NOTE:
1. timn-grade in minimum HOURS has been suspended; time-in-grade in years applies
  2. jump-promotions may be attempted only up to and including yonkyu
  3. Sensei may make exceptions to above guidelines in unusual circumstances

for NIDAN		one year from shodan
for SANDAN		two years from nidan
for YONDAN		three years from sandan
for GODAN		four years from yondan
for ROKUDAN and above		five years from previous rank

NOTE:

Sensei may make exceptions to the above guidelines in unusual circumstances or in the case of extraordinary ability and/or unusually high qualifications

# *YOKYU no KENSA*

## *EXAMINATION REQUIREMENTS*

### ▷ **ACADEMIC REQUIREMENTS**

(for both AIKI and KARATE)

**Note:** Vocabulary for 8th kyu through and including 4th kyu is the same for AIKI and KARATE.  
History requirements for 3rd through and including 1st kyu are separate and distinct for each art.

### ▷ **AIKI-JU-JUTSU PHYSICAL REQUIREMENTS**

Levels of Performance in Aiki

Aiki-ju-jutsu Technical Requirements

### ▷ **KARATE-DO PHYSICAL REQUIREMENTS**

Levels of Performance in Karate

Karate-do Technical Requirements

# ▷ **ACADEMIC REQUIREMENTS**

for hachikyu through yonkyu:

- > know the names of the physical examination requirements
- > vocabulary as noted in the following pages  
(English to Japanese and Japanese to English)

for sankyu through ikkyu:

- > know the Japanese names of the physical examination requirements  
(English to Japanese and Japanese to English)
- > stylistic history as noted in the following pages

for all Dan ranks (shodan, nidan, sandan, etc.):

- > know the Japanese for physical examination requirements  
(English to Japanese and Japanese to English)
- > written essay

note:

brackets

(  
(  
(

around Japanese word groups suggest that the bracketed words are roughly equivalent

When the student feels prepared,  
he/she should see Sensei in order to arrange an informal examination for HACHIKYU.

# 8 kyu

## HACHIKYU

## For both AIKI and KARATE

> be able to recognize the names of your basic techniques in Japanese

> know the name of your school and its translation

BUSHIDO-KAI- organization of the way of the warrior

> know the name of the styles taught at BUSHIDO-KAI:

TAKESHIN SOGO BUDO- Bamboo Spirit Integrated Martial Way

AIKI-JU-JUTSU- harmonious spirit pliant art

KARATE-DO- empty hand way

SEIKEN BUDO- combined fist martial way

JUDO- pliant way; gentle way

After 8th kyu is awarded, the student is expected to take  
formal examinations whenever he/she feels prepared.  
Sensei's permission must be obtained to test for any black belt rank.



# 7 kyu

## SHICHIKYU

## For both AIKI and KARATE

### SEME (attacks)

#### TORI-WAZA (taking or holding techniques)

katate-dori- single hand hold

ryo-katate-dori- two hands holding one

( kosa-dori- cross hold

( naname-katate-dori- diagonal single hand hold

( ryote-dori- both hands held

( morote-dori- both hands held

mune-dori- chest or lapel hold

ude-dori- arm hold

kata-dori- shoulder hold

nodo-tori- throat hold

kubi-shime- neck choke

( hiji-dori- elbow hold

( empi-dori- elbow hold

mae- front

zenpo- to the front, forward

( ushiro- back

( ura- back

koho- to the rear, backward

yoko- side

**NOTE:** In Japanese pronunciation, the T of tori is sounded when it starts a word, but the T sounds like a D when it occurs in the middle of a word.

#### ATEMI-WAZA (body striking techniques)

tsuki- thrust (punch)

keri- kick

uchi- strike (a swinging blow)

mae-geri- front kick

jodan- upper level

chudan- middle level

gedan- lower level

yoko-geri- side kick

mawashi-geri- roundhouse kick

keage- rising kick; snapping

kekomi- pushing away kick; thrusting

( uchikomi- overhead strike, "clubbing attack"

( shomen-uchi- direct face strike (overhead strike)

yokomen-uchi- side head attack

uraken-uchi- backfist strike

**NOTE:** In Japanese pronunciation, the K of keri is sounded when it starts a word, but the K sounds like a G when it occurs in the middle of a word.

# 6 kyu

## ROKKYU

## For both AIKI and KARATE

### REISHIKI (etiquette)

#### COMMANDS/POSITIONS

Kiyotuske!- Attention! (Focus your energy!)

Rei!- Bow! (Show respect!)

seiza- formal kneeling position

anza- sitting relaxed (usually legs crossed)

#### THE UNIFORM

gi- uniform

uwagi- jacket

zubon- trousers

himo- drawstring

zori- thongs

hakama- formal divided skirt

hachimaki- headband

obi-belt

#### THE DOJO

dojo- way place (practice hall)

tatami- mat (a 3'x6' compressed rice straw mat) or, by implication, the matted area

shinza- altar-like area

kamiza- upper seat (locale of shinza)

shimoza- lower seat (opposite shinza)

joseki- upper side (right, facing shinza)

shimoseki- lower side (opposite joseki: left facing shinza)

buki- arms, weapons

buki-kake- weapons rack

nafuda-kake- name-tag rack

kagami- mirror

densho- technique lists; instruction scroll

makiwara- punching board

#### RANK/DOJO RELATIONSHIPS/ TITLES

shoshinsha-novice

mudansha-one who does not hold black belt status (kyu-ranked student)

yudansha- one who holds black belt status

kodansha- one who holds senior black belt status (usually 6th degree and up)

mukyu- without kyu grade

gokyu- 5th grade

hachikyu- 8th grade

yonkyu- 4th grade

shichikyu- 7th grade

sankyu- 3rd grade

rokkyu- 6th grade

nikyu- 2nd grade

ikkyu- 1st grade

shodan- new level; first level black belt

nidan- 2nd level black belt

sandan- 3rd level black belt

( yodan- 4th level black belt

( yondan- 4th level black belt

godan- 5th level black belt

rokudan- 6th level black belt

( shichidan- 7th level black belt

( nanadan- 7th level black belt

hachidan- 8th level black belt

( kudan- 9th level black belt

( kyudan- 9th level black belt

( judan- 10th level black belt

( jyudan- 10th level black belt

sempai- senior student

kohai- junior student

sensei- "the one who came before"; teacher

dai-sensei- principal instructor

sensei-dai- apprentice instructor

shidoin- assistant instructor

shihan- master instructor (usually has sensei under him/her)

shihan-renshi- or renshi- master instructor; "shining example"

kyoshi- professor

tasshi- expert

hanshi- pastmaster

shodai- founder of a style

shiso- founder of a sect

soke- inheritor of a style

kaiso- founder of an organization

kaicho- head of an organization

kancho- head of a school

## **POLITE EXPRESSIONS**

Ohayo-gozaïmasu- Good morning! (Lit.: "It is honorably early.")

Konnichi-wa- Good afternoon!

Komban-wa- Good evening!

Oyasumi-nasai- Good night! (Lit.: "Have a good rest.")

Sayonara- Good-bye! Farewell!

Irasshaimase- Welcome, please come in!

O-genki desu-ka?- How are you? (Lit.: Are you Healthy?)

Genki desu- I'm fine

Ikaga desu-ka?- How are things? How is it going?

Okage-sama de- I'm fine. It's going well.

Domo- thanks (informal)

Arigato- thanks (very informal)

Domo arigato gozaimasu-thank you very much

Domo arigato gozaimashita- thank you very much for what you have done

Do itashimashite- not at all (You're welcome)

Sumimasen- excuse me

Shitsurei shimasu- excuse me, I've erred (made a breach of etiquette)

Omedeto gozaimasu- congratulations!

Dozo- please; please go ahead

Kudasai- please; please do this for me

# 5 kyu

GOKYU

For both AIKI and KARATE

## KARADA no BUBUN (Parts of the Body)

Karada (body)  
Tai (body)

Kata (shoulder)

Hiji (elbow)

Atama (head)

Kubi  
(neck)

Kao  
(face)

Mune  
(chest)

Kote (wrist)

Nodo  
(Throat)

Te (hand)

Dō (torso)  
Jotai (upper body)

o-naka (stomach)

Ude  
(arm)

Tekubi  
(lower forearm;  
wrist)

Ashi  
(leg or foot)

Momo (thigh)

Yubi  
(finger)

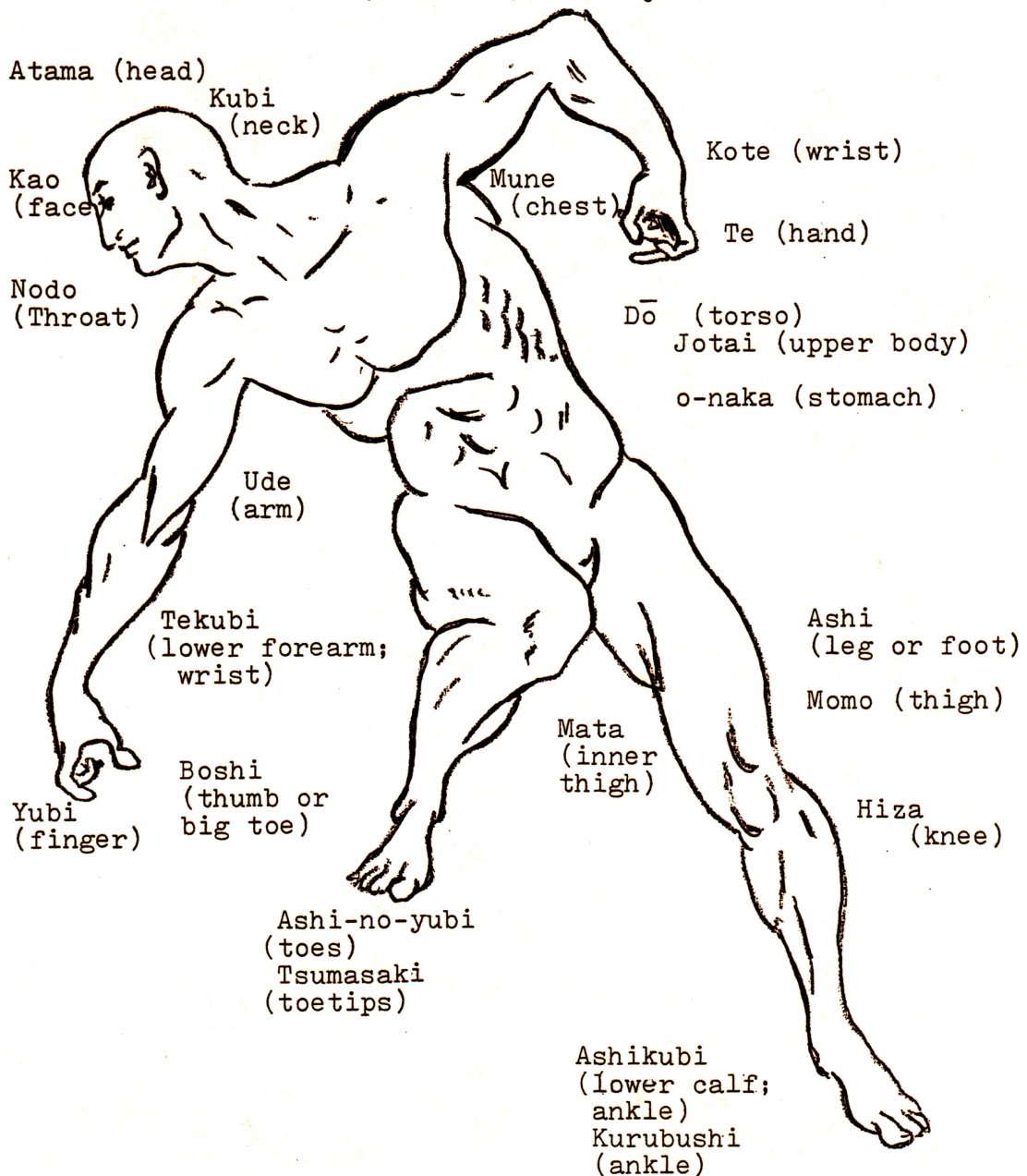
Boshi  
(thumb or  
big toe)

Mata  
(inner  
thigh)

Hiza  
(knee)

Ashi-no-yubi  
(toes)  
Tsumasaki  
(toetips)

Ashikubi  
(lower calf;  
ankle)  
Kurubushi  
(ankle)



Ken (fist)  
 Shuto (handblade;  
 knife-hand)  
 Koshi (ball of foot)  
 Sokutō (blade-edge of  
 foot)

Empi (elbow)

Wan  
 (forearm)

Senaka (the back)

Koshi (waist,  
 hip, or loin)

Dembu  
 (buttocks)

Waki  
 (side of  
 torso;  
 armpit)

Men (head; face)  
 Kao (face)

Kami-no-ke (hair)  
 Ke (hair)

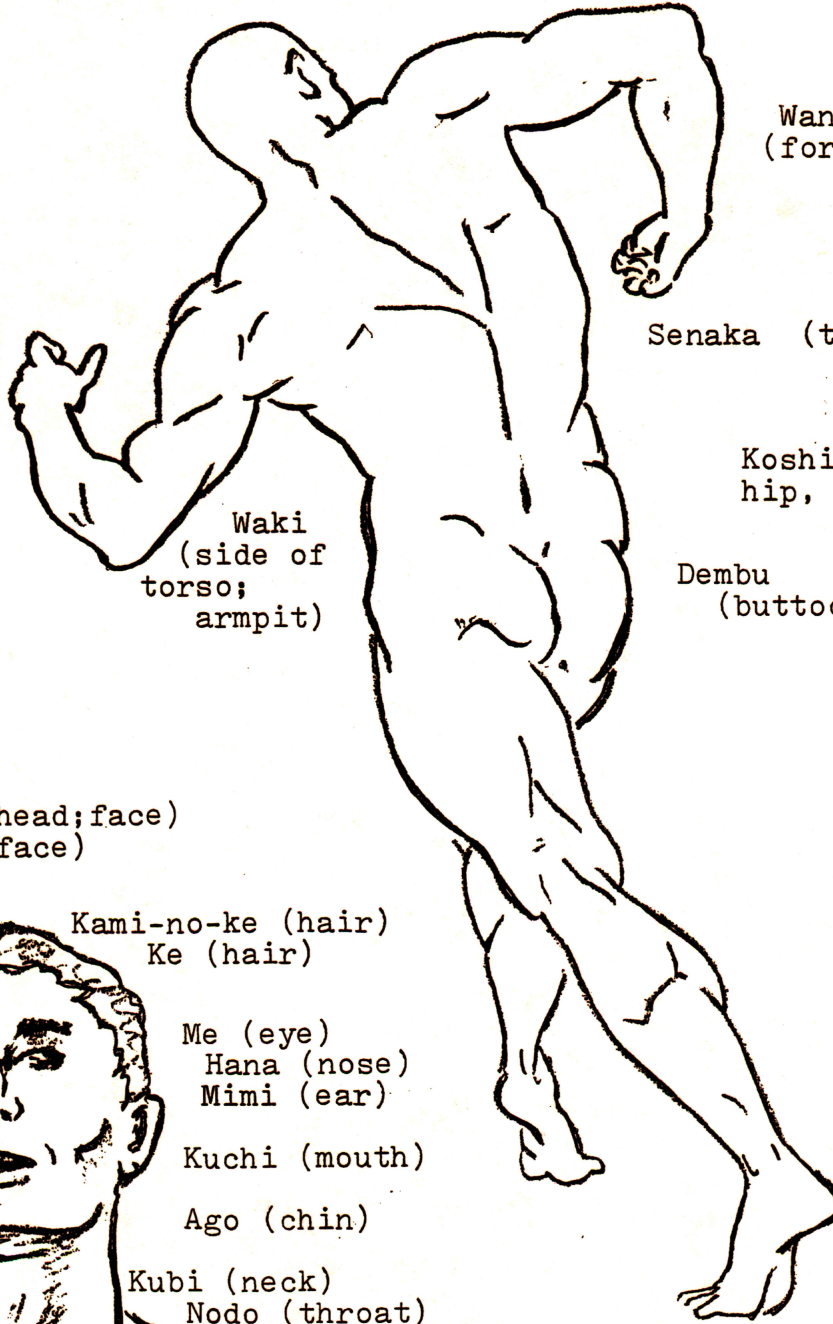
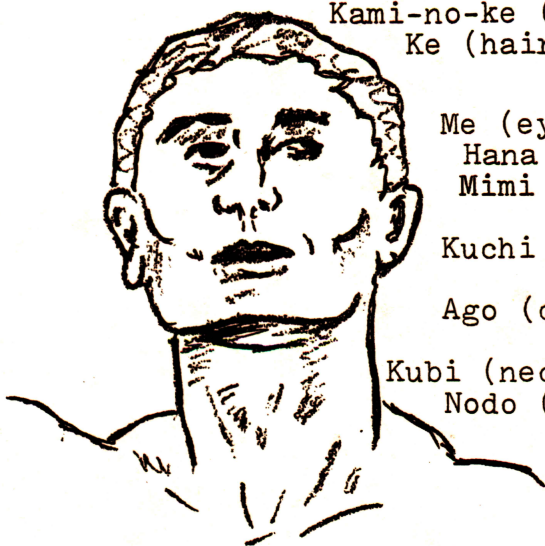
Me (eye)  
 Hana (nose)  
 Mimi (ear)

Kuchi (mouth)

Ago (chin)

Kubi (neck)  
 Nodo (throat)

Kakato  
 (heel)



# 4 kyu

## For both AIKI and KARATE

### YONKYU

#### UNDO (Movement)

tate- vertical  
harai (or barai)- sweep  
yoko-horizontal  
yori- sliding  
-no ue-ni- on top of  
nagashi- sliding; sweeping  
hiki- drawing, pulling  
oshi- pushing  
tobi- jumping or flying  
wa- circle  
migi- right  
hidari- left  
sankaku- triangle  
shikaku- square  
age- rising  
ashi- foot; step; walk  
hoko- walking  
soto- outside, outer  
uchi- inside, inner  
shisei- posture  
ura- back part  
shintai- body movement  
tai-sabaki- pivoting  
gyaku- opposite, reverse  
gaeshi- reversal; counter  
Narande!- line up!  
Mawatte!- turn!  
mawashi- turn-in; round movement  
Yoi!- return to ready position!  
hineri- twist  
massugu- straight

-no naka-ni- inside  
-no shita-ni- below  
-no mae-ni- in front of  
-no ushiro-ni- behind

( -no soba-ni- beside, next to

( -no waki-ni- beside, next to

-no naname-ni- at an angle

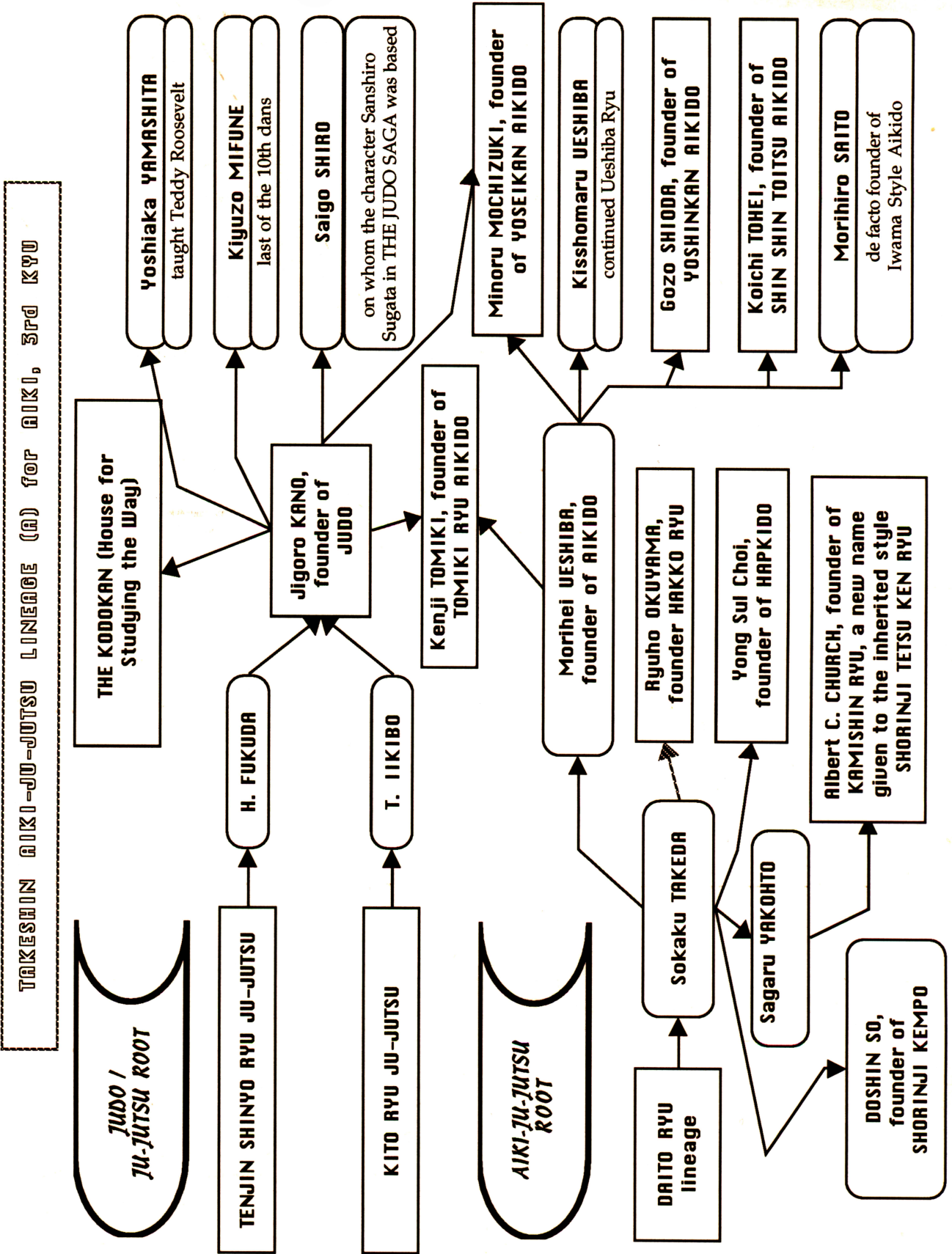
#### TOKUSHITSU (Characteristics)

tsuyoi- strong  
yowai- weak  
dai- principal, major  
sho- minor, lessor  
hayai- fast  
osoi- slow  
o- big  
ko- small, minor  
hikui- low, short ( height)  
takai- high, tall  
marui- round  
shikakui- square  
sankakui- triangular  
mijikai- short (length)  
nagai- long  
omoi- heavy  
karui- light  
go- hard (firm)  
ju- soft (pliant)  
okii- big  
chiisai- small  
muzukashii- difficult  
yasashii- easy, simple

# 3 KYU

## SANKYU

## AIKI ONLY

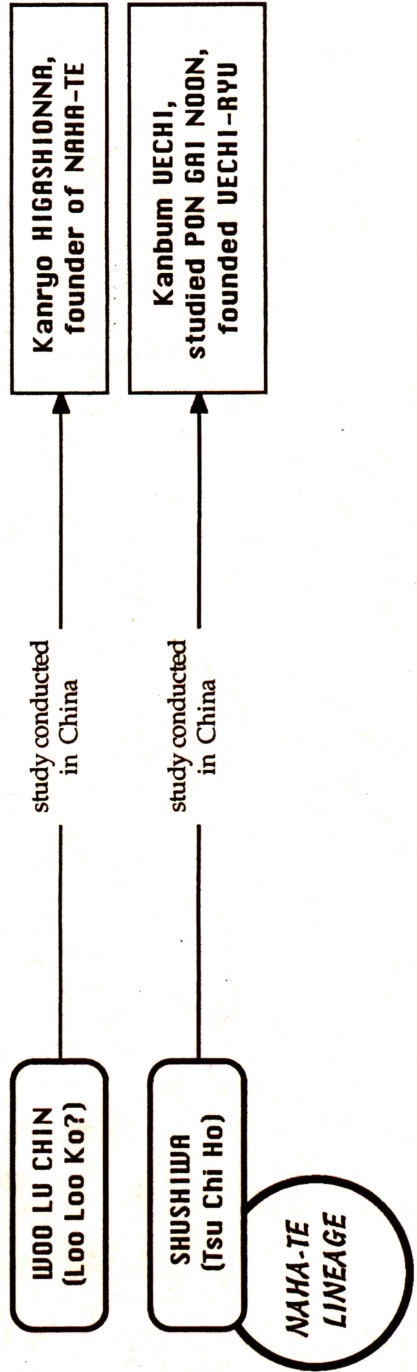
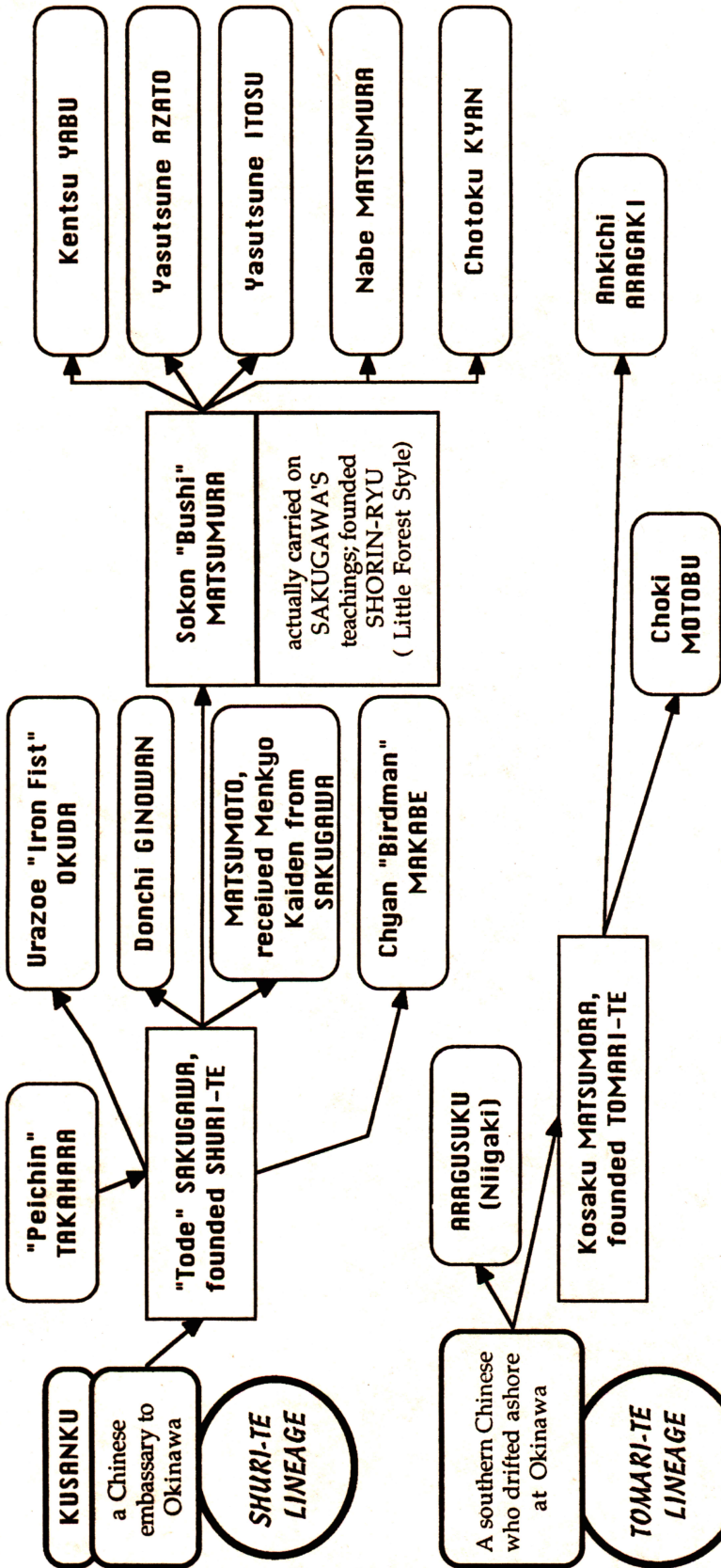


# 3 KYU

## SANKYU

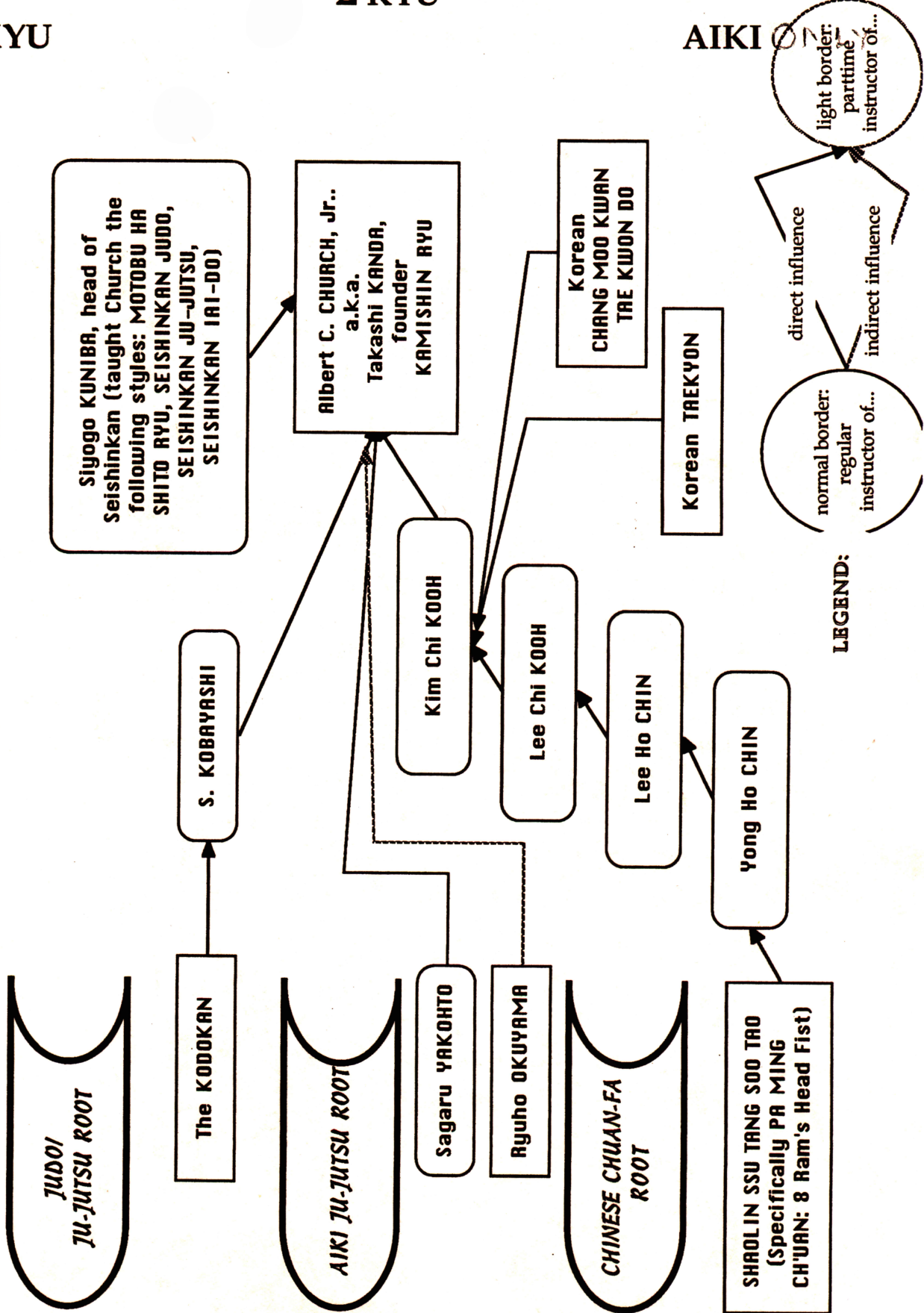
## KARATE ONLY

TAKESHIIN KARATE LINEAGE (A) FOR KARATE, 3RD KYU





TAKESHIN AIKI-JU-JUTSU LINEAGE (B) FOR AIKI, 2nd KYU



LEGEND:

normal border:  
regular  
instructor of...

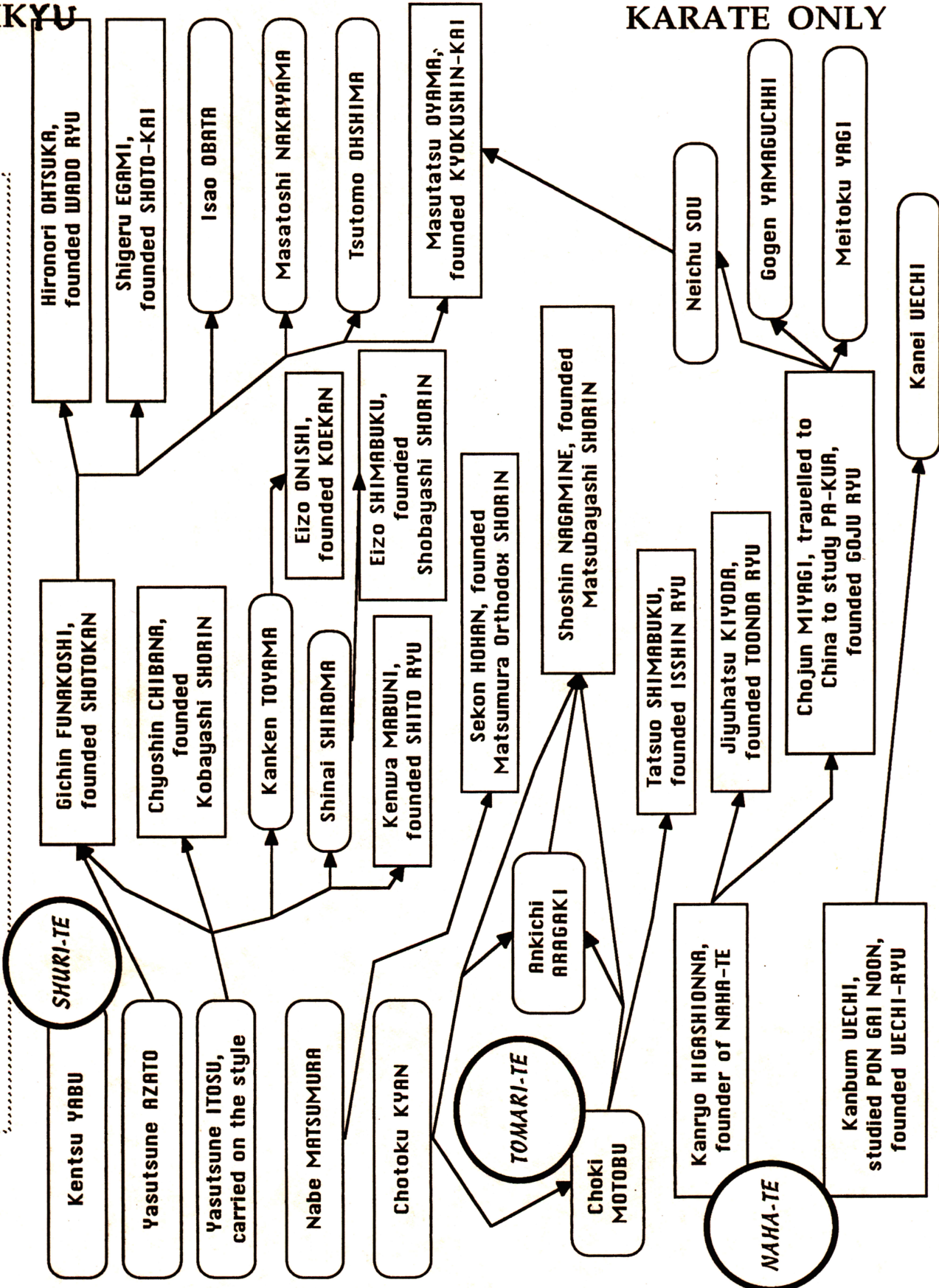
light border:  
parttime  
instructor of...

2 KYU

NIKYU

KARATE ONLY

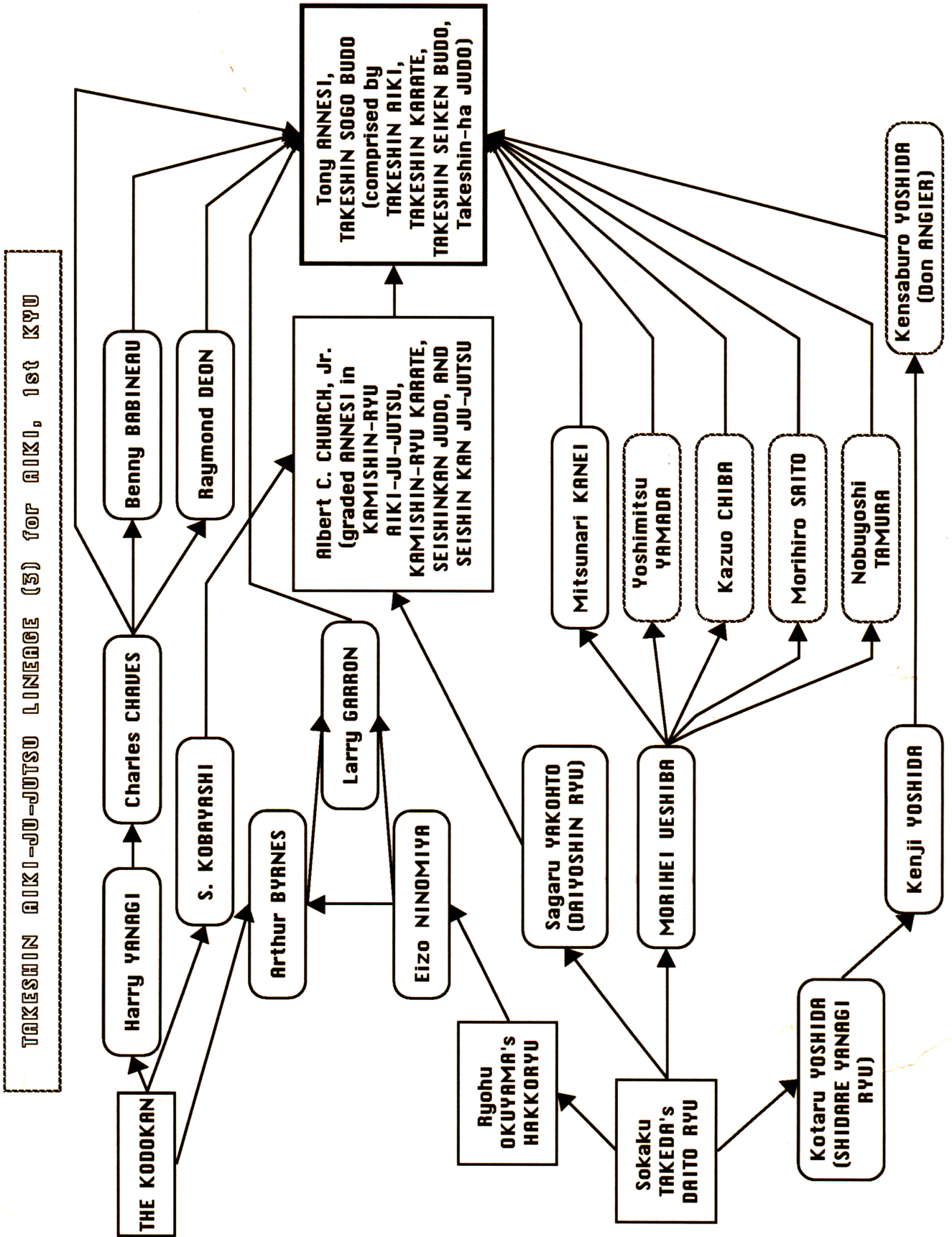
TAKESHIIN KARATE LINEAGE (B) FOR KARATE, 2ND KYU



IKKYU

1 KYU

AIKI ONLY

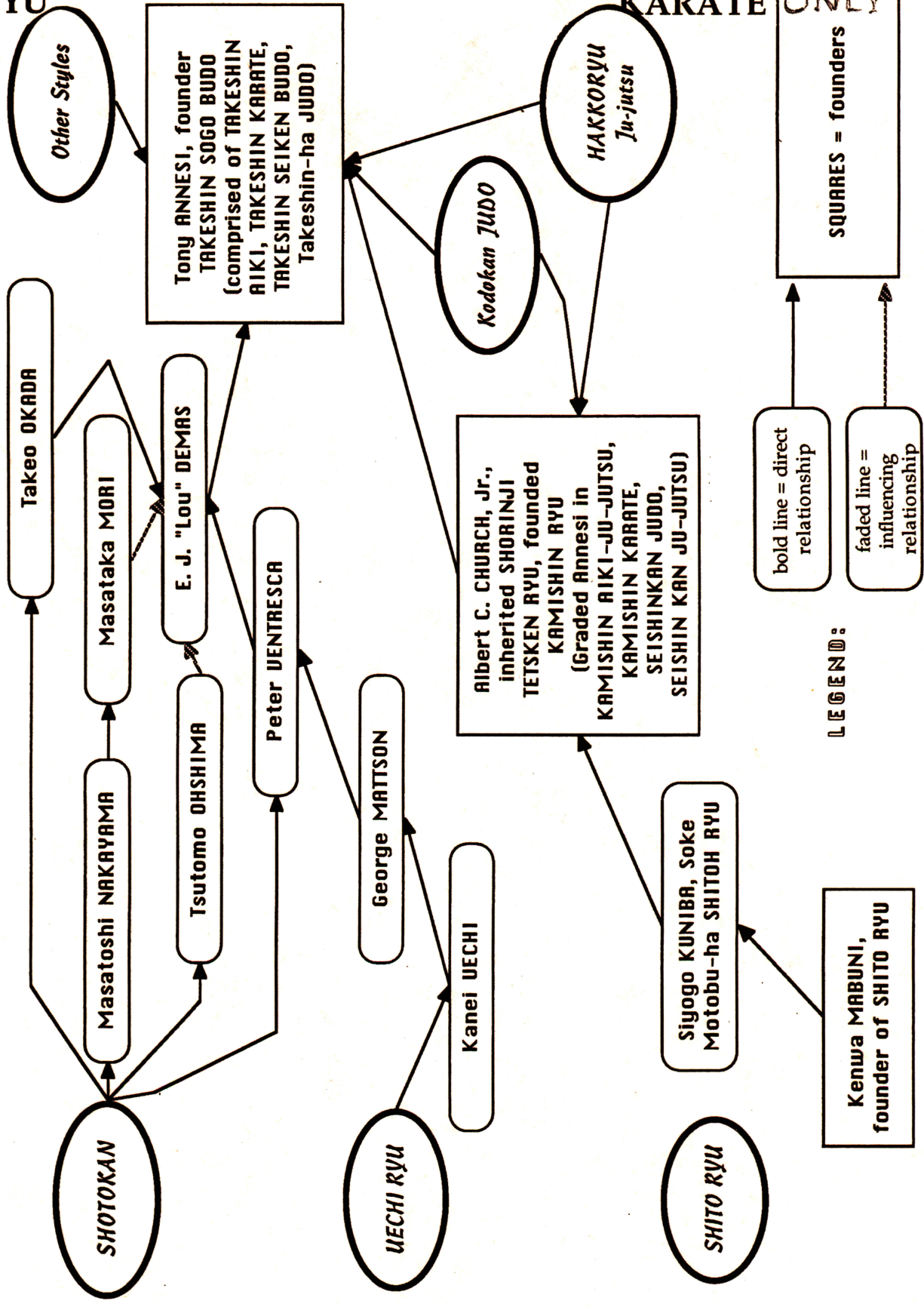


IKKYU

1 KYU

KARATE ONLY

TAKESHIN KARATE LINEAGE (C) FOR KARATE, 1ST KYU



LEGEND:

bold line = direct relationship

faded line = influencing relationship

**SQUARES = founders**

# ▷ AIKI-JU-JUTSU PHYSICAL REQUIREMENTS

## LEVELS OF PERFORMANCE IN AIKI EXAMINATIONS

### for WHITE BELT ranks:

- > correct execution of techniques, left and right, standing and kneeling
- > slow to moderate speed

### for GREEN BELT ranks:

- > correct execution of techniques with fluidity
- > all techniques should be finished with a strike or hold where applicable
- > moderate to fast speed
- > clean execution, balance, consistency and authority will be critical to green belts

### for BROWN BELT ranks:

- > correct execution of techniques, but with modifications allowed if situation calls for them
- > fast, sparring situation speed
- > freestyle should be fluid and smooth but still have power
- > clean execution, balance, consistency, and authority should be natural, relaxed and taken for granted
- > improvement over green belt execution, confidence, concentration and near-effortless performance will be critical to successful brown belt examinations

### for BLACK BELT first degree:

- > identical to all brown belt requirements but performed with better skill and ease

THE SPECIFIC RANK REQUIREMENTS THROUGH SHODAN FOLLOW;  
PLEASE REFER TO TECHNIQUE HANDBOOKS FOR DETAILS

### NOTE:

The Japanese names for these technical requirements are part of your requirements for exam.  
Consider them part of the vocabulary exam for your rank.

# AIKI JU JUTSU TECHNICAL REQUIREMENTS

## HACHIKYU (8th grade)

Kihon Ukemi (Basic Falling)  
Takeshin Shomei Odori (Bamboo Spirit Proof Dance)  
Kao Ate (Face Strike)  
Kote Shomei Odori (Wrist Proof Dance) > 4 versions  
Tekubi Wa Odori (Wrist Circle Dance) > 4 versions  
Mae Kubi Shime Odori (Front Neck Choke Dance)  
Kami Zeme (Upper Attack or Godly Attack)  
Shintai (Body Motion):

- > tenkan (circular withdrawal),
- > irimi (straight entry),
- > tenshin (straight withdrawal),
- > taki (waterfall: circular entry)

## SHICHIKYU (7th grade)

Kote Mawashi (Wrist Turn-in) > 2 versions  
Kagi / Shuto Jime (keylock / knifehand lock) > 4 versions  
Ryo Shuto Jime (Double Knifehand Lock) > 2 versions  
Ude Otosu Odori (Arm Drop Dance) > tenkan & irimi  
Ryo Ude Otosu Odori (Double Arm Drop Dance) > tenkan & irimi  
Katate Osae Odori (Single Hand Press Dance) > yoko & mae (side and front)  
Osaekomi (Holddowns):

- > kote mawashi osae (wrist turning press)-2 versions
- > ude osae (arm press)-2 versions
- > katate osae (single hand press)

## ROKKYU (6th grade)

Nuki Otosu Odori (Sword Draw Drop Dance) > irimi & tenkan  
Uchikomi Odori (Overhead Strike Dance) > irimi & tenkan  
Te Hana Odori (Hand Flower Dance)  
Ushiro Te Hana Odori (Reverse Hand Flower Dance)  
Taki Otosu Odori (Waterfall Drop Dance) > tenkan & taki entries  
Kote Hineri Odori (Wrist Twist Dance) > tenkan & tenshin takedowns  
Tekubi Osae Odori / Gyakon Odori (wrist press dance / inner digit press dance)

- > tenkan & irimi takedowns

Osaekomi (Holddowns):

- > kote hineri osae (wrist twist press)-2 versions
- > ude gatame osae (armlock press)-2 versions
- > ushiro te hana osae (reverse handflower press)

## GOKYU (5th grade)

Kote Gaeshi Nage (Wrist Reversal Throw) > tenkan & uchi irimi (inside entry)  
Shiho Nage (Four Corner Throw) > 4 directions  
Katate Osae Nage (Single Hand Press Throw)  
Koshi Nage (Hip Throw) > 2 versions  
Ushiro Koshi Nage (Reverse Hip Throw)  
Ju Seoinage (Pliant Shoulder Throw)  
Aiki Seoinage (Harmonious Spirit Shoulder Throw)  
Ju Ura Ude Seoinage (Pliant Rear Arm Shoulder Throw)  
Aiki Ura Ude Seoinage (Harmonious Spirit Rear Arm Shoulder Throw)  
Ushiro Zeme Otoshi (Rear Attack Drop)  
Tekubi Osae Nage / Gyakon nage (Wrist Press Throw / Inner Digital Pressure Throw)  
Osaekomi (Holddowns):  
    > tekubi osae (wrist press)- 2 versions  
    > kote gaeshi osae (wrist reversal press)- 2 versions  
    > kagi osae / shuto jime osae (hook or keylock / knifehand lock press)- 2 versions

## YONKYU (4th grade)

Yoko Tobi Nage (Side Flying Throw)  
Kubi Yoko Nage (Neck Side Throw)  
Hiki Nage (Drawing Throw)  
Mae Uki Otoshi (Front Floating Drop)  
Shuto Tobi Nage (Knifehand flying Throw)  
Taki Nage (Waterfall Throw) > uchi & soto (inside & outside)  
Kaiten Nage (Rotary Throw) > tenkan and taki entries  
Iai Kumite (Quick-draw Sparring)  
Kote Tori Tobi Nage Suwari Waza Kumite (Wrist Holding Flying Throw Kneeling Technique Sparring)

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**NOTE:** Beginning with SANKYU level (see next page), the practitioner must perform basic techniques against advanced attacks. Striking techniques must be developed along with defenses to those strikes! Grading will depend on attack as well as defense.

The **SANKYU**, **NIKYU** and **IKKYU** levels review the **ROKKYU**, **GOKYU** and **YONKYU** level techniques in the following manner:

- (1) techniques are put into families and each family is treated as a single technique
- (2) instead of one mode of performance (standing), there are three modes (standing, kneeling, and opponent standing / defender kneeling)
- (3) techniques are not attack-specific as in the lower kyu levels; that is, each technique must be performed against a number of attacks. **Typical attacks include:**
  - **Attacks from the front:** single hand, both hands on one, cross hand, 2 hands on 2, single elbow, double elbow, single arm, double arm, single shoulder, double shoulder, single lapel, double lapel, choke, hair grab, front body hold over arms, front body hold under arms
  - **Attacks from the rear:** 2 wrist hold, 2 shoulder hold, 2 arm hold, 2 elbow hold, 2 hand choke, arm choke, single wrist and arm choke, hammer lock, hammer lock and arm choke, cross hammer lock and arm choke, hair grab, rear body hold over arms, rear body hold under arms

### **SANKYU (3rd grade)**

Ashi Geri Odori (Leg Kick Dance)

> vs. Mae-geri (Front kick) –(3 versions)

Mae Geri Keage (Front Kick Snapping)

Mae Geri Kekomi (Front Kick Thrusting)

review ROKKYU techniques against various attacks

> tachi (standing), hantachi (half- standing), suwari (kneeling)

Iai Kumite (Quick-draw sparring)

Suwari Waza Jiyu Kumite (Kneeling Technique Free Sparring)

Jiyu Kumite (Free Sparring)

### **NIKYU (2nd grade)**

Ashi Geri Odori (Leg Kick Dance)

> vs. Yoko-geri (Side kick) –(3 versions)

Yoko Geri Keage (Side Kick Snapping)

Yoko Geri Kekomi (Side Kick Thrusting)

review GOKYU techniques against various attacks

> tachi (standing), hantachi (half-standing), suwari (kneeling)

Iai Kumite (Quick-draw sparring)

Suwari Waza Jiyu Kumite (Kneeling Technique Free Sparring)

Jiyu Kumite (Free Sparring)

### **IKKYU (1st grade)**

Ashi Geri Odori (Leg Kick Dance)

> vs. Mawashi-geri (Round kick) –(3 versions)

Mawashi Geri Keage (Round Kick “Snap”)

Mawashi Geri Kekomi (Round Kick “Thrust”)

review YONKYU techniques against various attacks

> tachi (standing), hantachi (half-standing), suwari (kneeling)

Iai Kumite (Quick-draw sparring)

Suwari Waza Jiyu Kumite (Kneeling Technique Free Sparring)

Jiyu Kumite (Free Sparring)

### **SHODAN (first degree black belt)**

review all previous techniques and variants

essay concerning martial arts

Iai Kumite

Suwari Waza Kumite

Hantachi Kumite (tori kneeling, uke standing)

Jiyu Kumite (2 attackers, one at a time): 1st session slow for form, 2nd session full speed



# ▷ **KARATE-DO PHYSICAL REQUIREMENTS**

## LEVELS OF PERFORMANCE IN KARATE EXAMINATIONS

### for **WHITE BELT** ranks:

- > correct execution of techniques, correct form
- > only moderate power and speed

### for **GREEN BELT** ranks:

- > correct execution of techniques, correct form
- > fast speed with good power
- > sharp, snappy kicks and clean sharp sparring
- > moderate speed free sparring with good form

### for **BROWN BELT** ranks:

- > correct execution of techniques, but with modifications allowed if situation calls for them
- > sharp, powerful kicks and sparring
- > fast speed
- > freestyle should show strategic knowledge, speed, power and balance
- > clean execution, balance, consistency, and authority should be natural, relaxed and taken for granted
- > improvement over green belt execution, confidence, concentration and effortless performance will be critical to successful brown belt examinations

### for **BLACK BELT first degree**:

- > identical to all brown belt requirements but performed with better skill and ease

THE SPECIFIC RANK REQUIREMENTS THROUGH SHODAN FOLLOW;  
PLEASE REFER TO TECHNIQUE HANDBOOKS FOR DETAILS

### NOTE:

The Japanese names for these technical requirements are part of your requirements for exam. Consider them part of the vocabulary exam for your rank.

# KARATE-DO TECHNICAL REQUIREMENTS

## HACHIKYU (8th grade)

### KIHON (Basics)

#### Tachi (Stances):

- > zenkutsu dachi (front stance)
- > kokutsu dachi (back stance)
- > kiba dachi (horse riding stance)
- > hachiji dachi (figure eight stance)

#### Uke-waza (Blocking Techniques)

- > jodan age uke (upper level rising block)
- > chudan uchi ude uke (mid-level inside forearm block)
- > chudan soto ude uke (mid-level outside forearm block)
- > gedan barai (lower level sweep)
- > chudan shuto uke (mid-level knifehand block)

#### Atemi Waza (Striking Techniques)

- > oi-tsuki (chasing/lunch punch)
- > mae geri keage (front kick snapping)

### KATA (Form)

Heian Shodan (Peace or Peaceful Mind, First level)

## SHICHIKYU (7th grade)

### KERI (Kicks)

Yoko Geri Keage (Side Snap Kick)

Mikazuki Geri (Crescent Kick)

### KATA (Forms)

Heian Shodan (Peaceful Mind 1st Level)

Heian Nidan (Peaceful Mind 2nd Level)

### KUMITE (Sparring)

Jodan Ippon Kumite (Upper Level One-step Sparring)

## ROKKYU (6th grade)

### KERI (Kicks)

All Previous Kicks

Yoko Geri Kekomi (Side Thrust Kick)

Ushiro Mikazuki Geri (Reverse Crescent Kick)

### KATA (Forms)

All Previous Kata

Heian Sandan (Peaceful Mind 3rd Level)

### KUMITE (Sparring)

Previous Kumite

Ippon Kumite: jodan, chudan, gedan

(One-step Sparring: upper, middle, lower levels)

## GOKYU (5th grade)

### KERI (Kicks)

All Previous Kicks

Mawashi Geri Keage (Round "Snap" Kick)

Mawashi Geri Kekomi (Round "Thrust" Kick)

### KATA (Forms)

All Previous Kata

Heian Yondan (Peaceful Mind 4th Level)

### KUMITE (Sparring)

All Previous Kumite

Jiyu Ippon Kumite (Free One-step Sparring)

## YONKYU (4th grade)

### KERI (Kicks)

All Previous Kicks  
Ushiro Geri Keage (Back Snap Kick)  
Ushiro Geri Kekomi (Back Thrust Kick)

### KATA (Forms)

All Previous Kata  
Heian Godan (Peaceful Mind 5th Level)

### KUMITE (Sparring)

All Previous Kumite  
Jiyu Kumite: Yukuri to Katachi  
(Free Sparring: Slow for Form)

## SANKYU (3rd grade)

### KERI (Kicks)

All Previous Kicks  
Renraku Geri  
(Combination kicks: mobile kicking series)

### KATA (Forms)

All Previous Kata  
Kanku-dai (Viewing the Sky, Principle Version)

### KUMITE (Sparring)

All Previous Kumite  
Jiyu Kumite (Free Sparring)

## NIKYU (2nd grade)

### KERI (Kicks)

All Previous Kicks  
Renraku Geri  
(Combination kicks: static kicking series)

### KATA (Forms)

All Previous Kata  
Bassai-dai (Breaking Through a Fortress)  
Tekki Shodan (Iron Horse 1st Level)

### KUMITE (Sparring)

All Previous Kumite  
Jiyu Kumite (Free Sparring)

## IKKYU (1st grade)

### KERI (Kicks)

All Previous Kicks  
Tobi Geri (Flying Kick)  
Kake Geri (Hook Kick)

### KATA (Forms)

All Previous Kata  
Tekki Nidan (Iron Horse 2nd Level)  
Tekki Sandan (Iron Horse 3rd Level)

### KUMITE (Sparring)

All Previous Kumite  
Jiyu Kumite (Free Sparring)

## SHODAN (1st degree black belt)

### KERI (Kicks)

All Previous Kicks

### KATA (Forms)

All Previous Kata in Sequence

### KUMITE (Sparring)

All Previous Kumite

### NAGE-WAZA (Throwing Techniques)

- Byobudaoshi (To Topple a Folding Screen)
- Koma Nage (Spinning Top Throw)
- Kubi Wa (Neck Circle)
- Tsubame Gaeshi (Swallow Reversal)
- Yaridama (To Spear a Ball)
- Tani Otoshi (Valley Drop)
- Katawaguruma (Half-circle Wheel)
- Udewa (Arm Circle)
- Sakatsuchi (To Hammer Upside Down)

NB: All throws must be accomplished in an *ippon* kumite format. Specific version and execution of each throw is up to the candidate.