



## Student Curriculum

5th Edition

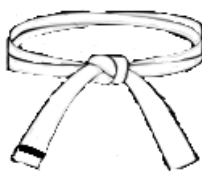
January, 2018

# Ryukyu Kempo Karate and Kobudo

## Tauranga, New Zealand

Name: \_\_\_\_\_

# White Belt / Black Tip 12th Kyu (Junikyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
<b>Naihanchi Shodan</b>	
<b>Exercise:</b>	
<b>Foundation</b>	
<b>Knowledge:</b>	
<b>Dojo Kun (1-5)</b>	
<b>Guiding Principle 1</b>	
<b>Required Fitness Level (RFL)</b>	
<b>10 Press ups</b>	
<b>10 Sit ups (full – with feet locked)</b>	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo</b>	
<b>Bo 9 Strike – Right &amp; Left</b>	
<b>Drills</b>	
<b>Wrist Roll: Basic Right &amp; Left, High Change</b>	
<b>Breakfalls: Front, Sides, Back</b>	
<b>Minimum Classes:</b>	
<b>20 x 90min Classes</b>	

# Yellow Belt 11th Kyu (Juikkyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
Naihanchi Nidan	
<b>Exercise:</b>	
Foundation	
<b>Knowledge:</b>	
Guiding Principle 2	
Kanji Set 1	
<b>Bunkai:</b>	
Naihanchi Shodan 1-6	
<b>Required Fitness Level (RFL)</b>	
20 Press ups	
20 Sit ups (full – with feet locked)	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo</b>	
Bo Exercise	
Yakusoku Kumite	
Yakusoku Sho (1) – Solo Form	
<b>Power Testing:</b>	
Set 1	
<b>Drills</b>	
Wrist Roll: High, Mid, Low Change – in Sequence	
Breakfalls: Front, Side, Back Rolls	
Parry-Pass Cover: Inside and Out	
Startle: Pure Startle	
<b>Minimum Classes:</b>	
20 x 90min Classes	

# Orange Belt 10th Kyu (Jukyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
<b>Naihanchi Sandan</b>	
<b>Exercise:</b>	
<b>Footwork</b>	
<b>Knowledge:</b>	
<b>Guiding Principle 3</b>	
<b>Kanji Set 2</b>	
<b>Counting in Japanese – 1 - 10</b>	
<b>Bunkai</b>	
<b>Naihanchi Nidan 1-6</b>	
<b>Required Fitness Level (RFL)</b>	
<b>30 Press ups</b>	
<b>30 Sit ups (full – with feet locked)</b>	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo</b>	
<b>Bo Kihon</b>	
<b>Yakusoku Kumite</b>	
<b>Yakusoku Sho – Paired</b>	
<b>Yakusoku Ni - Solo</b>	
<b>Power Testing:</b>	
<b>Set 1</b>	
<b>Drills:</b>	
<b>Parry-Pass Cover: Outside with Forward Pressure</b>	
<b>Parry-Pass Cover: Full with Finish</b>	
<b>Startle: Applied – From Wrist</b>	
<b>Non-Telegraphic Speed: Gunslinger Games</b>	
<b>Pad Holder Training</b>	
<b>Minimum Classes:</b>	
<b>20 x 90min Classes</b>	



# Purple Belt 9th Kyu (Kukyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

Kata:	
Seisan	
Exercise:	
Footwork	
Knowledge:	
Guiding Principle 4	
Kanji Set 3	
Counting in Japanese 1-20	
Bunkai:	
Naihanchi Sandan 1-6	
Required Fitness Level (RFL)	
40 Press ups	
40 Sit ups (full – with feet locked)	
THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING	
Kobudo	
Jo 9 Angles	
Jo Kihon	
Kobudo Bunkai	
Bo 1 – 6	
Yakusoku Kumite	
Yakusoku Sho – Randori	
Yakusoku Ni – Paired	
Yakusoku San - Solo	
Power Testing:	
Set 2	
Drills	
6 Punch, Straight, Round and Gut	
9 Angles: Left & Right	
Distance Close: Spring Stance – Short Distance	
Minimum Classes:	
30 x 90min Classes	



# Blue Belt 8th Kyu (Hachikyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
<b>Pinan Shodan</b>	
<b>Exercise:</b>	
<b>Combination</b>	
<b>Knowledge:</b>	
<b>Guiding Principle 5</b>	
<b>Kanji Set 4</b>	
<b>Counting in Japanese 1-30</b>	
<b>Kata Bunkai:</b>	
<b>Seisan 1-6</b>	
<b>Required Fitness Level (RFL)</b>	
<b>50 Press ups</b>	
<b>50 Sit ups (full – with feet locked)</b>	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo</b>	
<b>Tanbo 9 Angles</b>	
<b>Tanbo Kihon</b>	
<b>Kobudo Bunkai:</b>	
<b>Jo 1-6</b>	
<b>Yakusoku Kumite</b>	
<b>Yakusoku Sho – Ni - Randori</b>	
<b>Yakusoku San – Paired</b>	
<b>Yakusoku Yon - Solo</b>	
<b>Power Testing:</b>	
<b>Set 2</b>	
<b>Drills:</b>	
<b>9 Angles: The '81' - Combinations</b>	
<b>9 Deflections: Straight &amp; Cross – In Sequence</b>	
<b>Startle: Naihanchi Yoi + Distance Close</b>	
<b>Minimum Classes:</b>	
<b>30 x 90min Classes</b>	

# Blue Belt 7th Kyu (Shichikyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
<b>Pinan Nidan</b>	
<b>Exercise:</b>	
<b>Combination</b>	
<b>Knowledge:</b>	
<b>Guiding Principle 6</b>	
<b>Kanji Set 5</b>	
<b>Counting in Japanese 1-40</b>	
<b>Kata Bunkai:</b>	
<b>Pinan Shodan 1-6</b>	
<b>Required Fitness Level (RFL)</b>	
<b>60 Press ups</b>	
<b>60 Sit ups (full – with feet locked)</b>	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo:</b>	
<b>Nunchaku 9 Angles</b>	
<b>Nunchaku Kihon</b>	
<b>Kobudo Bunkai:</b>	
<b>Tanbo Bunkai 1-6</b>	
<b>Yakusoku Kumite</b>	
<b>Yakusoku Sho – San – Randori</b>	
<b>Yakusoku Yon – Paired</b>	
<b>Yakusoku Go – Solo</b>	
<b>Power Testing:</b>	
<b>Set 3</b>	
<b>Drills:</b>	
<b>Wrist Rolls: Turtles</b>	
<b>Bogu: Wearing Gear, Contact, Guard, Targeting</b>	
<b>Stop Hit: Brachial Plexus Strike</b>	
<b>Stop Kick: Naihanchi Kick</b>	
<b>Minimum Classes:</b>	
<b>30 x 90min Classes</b>	

# Green Belt 6th Kyu (Rokkyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
<b>Pinan Sandan</b>	
<b>Exercise:</b>	
<b>Combination</b>	
<b>Knowledge:</b>	
<b>Guiding Principle 7</b>	
<b>Dojo Kun 1 Kanji</b>	
<b>Counting in Japanese 1-50</b>	
<b>Kata Bunkai:</b>	
<b>Pinan Nidan 1-6</b>	
<b>Required Fitness Level (RFL)</b>	
<b>70 Press ups</b>	
<b>70 Sit ups (full – with feet locked)</b>	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo:</b>	
<b>Tonfa 9 Angles</b>	
<b>Tonfa Kihon</b>	
<b>Kobudo Bunkai:</b>	
<b>Nunchaku 1-6</b>	
<b>Yakusoku Kumite</b>	
<b>Yakusoku Sho – Yon – Randori</b>	
<b>Yakusoku Go – Paired</b>	
<b>Yakusoku Roku - Solo</b>	
<b>Power Testing:</b>	
<b>Set 3</b>	
<b>Drills:</b>	
<b>Bogu: Waist Deflection, Angling Footwork</b>	
<b>Body Alarm: Pad Milling in Bogu</b>	
<b>Minimum Classes:</b>	
<b>40 x 90min Classes</b>	



# Green Belt 5th Kyu (Gokyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
Pinan Yondan	
<b>Exercise:</b>	
Kake	
<b>Knowledge:</b>	
Guiding Principle 8	
Dojo Kun 2 Kanji	
<b>Kata Bunkai:</b>	
Pinan Sandan 1-6	
<b>Required Fitness Level (RFL)</b>	
80 Press ups	
80 Sit ups (full – with feet locked)	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo:</b>	
Sai 9 Angles	
Kuniyoshi Sai	
<b>Kobudo Bunkai:</b>	
Tonfa 1-6	
<b>Yakusoku Kumite:</b>	
Yakusoku Sho – Go – Randori	
Yakusoku Roku – Paired	
Yakusoku Shichi - Solo	
<b>Power Testing:</b>	
Set 4	
<b>Drills:</b>	
Bogu: Single Counter - Simultaneous	
Feeding Drill: Deflection, Deflect and Counter	
Body Alarm: Pads – Attacks and Openings	
Muchimi Te: Redirect, Trap, Strike	
<b>Minimum Classes:</b>	
40 x 90min Classes	

# Green Belt 4th Kyu (Yonkyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
Pinan Godan	
<b>Exercise:</b>	
Kake	
<b>Knowledge:</b>	
Guiding Principle 9	
Dojo Kun 3 Kanji	
<b>Kata Bunkai:</b>	
Pinan Yondan 1-6	
<b>Required Fitness Level (RFL)</b>	
90 Press ups	
90 Sit ups (full – with feet locked)	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo:</b>	
Kama 9 Angles	
Kama Kihon	
<b>Kobudo Bunkai:</b>	
Sai 1-6	
<b>Yakusoku Kumite:</b>	
Yakusoku Sho – Roku – Randori	
Yakusoku Shichi – Paired	
Yakusoku Hachi - Solo	
<b>Power Testing:</b>	
Set 4	
<b>Drills:</b>	
9 Angle Striking: Both Sides - Proper Hand Forms	
Bogu: Counter and Finish	
Body Alarm: Gloves – Higher Thresholds, Disorient	
Feeding: Deflect, Counter, Stop	
Distance Close: The 'Big Lunge'	
<b>Minimum Classes:</b>	
40 x 90min Classes	

# Brown Belt 3rd Kyu (Sankyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
<b>Passai</b>	
<b>Exercise:</b>	
<b>Kyusho Striking</b>	
<b>Knowledge:</b>	
<b>Guiding Principle 10</b>	
<b>Dojo Kun 4 Kanji</b>	
<b>Kata Bunkai:</b>	
<b>Pinan Godan 1-6</b>	
<b>Required Fitness Level (RFL)</b>	
<b>100 Press ups</b>	
<b>100 Sit ups (full – with feet locked)</b>	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo:</b>	
<b>Chizi 9 Angles</b>	
<b>Chizi Kihon</b>	
<b>Kobudo Bunkai:</b>	
<b>Kama Bunkai 1-6</b>	
<b>Yakusoku Kumite:</b>	
<b>Yakusoku Sho – Shichi – Randori</b>	
<b>Yakusoku Hachi – Paired</b>	
<b>Yakusoku Kyu - Solo</b>	
<b>Power Testing:</b>	
<b>Set 5</b>	
<b>Drills:</b>	
<b>Muchimi Te: Distance Close, Redirect, Finish</b>	
<b>Eyes Closed: Grabs, Pushes, Holds – To Finish</b>	
<b>Real Life: Doors, Halls and Walls</b>	
<b>Minimum Classes:</b>	
<b>50 x 90min Classes</b>	

# Brown Belt 2nd Kyu (Nikyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
Kusanku	
<b>Exercise:</b>	
Kyusho Striking	
<b>Knowledge:</b>	
Dojo Kun 5 Kanji	
Ryukyu Kempo History Assignment	
<b>Kata Bunkai:</b>	
Passai 1-6	
<b>Required Fitness Level (RFL)</b>	
110 Press ups	
110 Sit ups (full – with feet locked)	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo</b>	
Kumi Bo Sho	
<b>Kobudo Bunkai:</b>	
Chizi 1-6	
<b>Yakusoku Kumite:</b>	
Yakusoku Sho – Hachi – Randori	
Yakusoku Kyu – Paired	
Yakusoku Ju - Solo	
<b>Power Testing:</b>	
Set 5	
<b>Drills:</b>	
Startle: Kusanku Yoi – Distance Close, Control, Turn	
Alley Drill: Front 180	
Real Life: Tables and Chairs	
<b>Minimum Classes:</b>	
50 x 90min Classes	

# Brown Belt 1st Kyu (Ikkyu)



Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
Niseishi	
<b>Exercises:</b>	
Chizi Flow	
<b>Knowledge:</b>	
Dojo Kun Kanji - Full	
Personal Research Assignment	
<b>Kata Bunkai:</b>	
Kusanku 1-6	
<b>Required Fitness Level (RFL)</b>	
120 Press ups	
120 Sit ups (full – with feet locked)	
<b>THE ABOVE MUST BE SIGNED OFF BEFORE PROCEEDING</b>	
<b>Kobudo:</b>	
Kobu Bokken	
<b>Yakusoku Kumite:</b>	
Yakusoku Sho – Ju - Randori	
<b>Power Testing:</b>	
Set 6	
<b>Drills:</b>	
Alley Drill: All Angles – with Warning (Sound)	
Real Life: Cars, Trains and Aeroplanes	
Eyes Closed: Strikes with Warning (Sound)	
<b>Minimum Classes:</b>	
50 x 90min Classes	



# Black Belt 1st Dan (Shodan)

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Name \_\_\_\_\_ Date \_\_\_\_\_

<b>Kata:</b>	
<b>All 12 Kihon Kata</b>	
<b>Exercises:</b>	
<b>All exercises</b>	
<b>Kata Bunkai:</b>	
<b>Niseishi 1-6</b>	
<b>Knowledge:</b>	
<b>Dojo Kun Kanji – Full, brushed</b>	
<b>Personal Research Assignment 2</b>	
<b>Drills</b>	
<b>Weapons: Defence against Knife and Baseball Bat</b>	
<b>Improvised Weapons: Demonstrate Understanding</b>	
<b>Required Fitness Level (RFL)</b>	
<b>100 Press ups</b>	
<b>100 Sit ups (full – with feet locked)</b>	
<b>1.5km Run – time under 12 minutes</b>	

# Student Training Record

	Rank	Test Dates
	12th Kyu (Black tip)	
	11th Kyu (Yellow)	
	10th Kyu (Orange)	
	9th Kyu (Purple)	
	8th Kyu (Blue)	
	7th Kyu (Blue)	
	6th Kyu (Green)	
	5th Kyu (Green)	
	4th Kyu (Green)	
	3rd Kyu (Brown 3)	
	2nd Kyu (Brown 2)	
	1st Kyu (Brown 1)	
	1st Dan (Black 1)	