



# Shorinjiryu Kenkokan Karatedo

“spiritual development of individuality in mind and body”

独自行精氣



## Examination requirements Mudansha (youth/adults)

Kyu	kleur band	KIHON	KATA	KUMITE	EXTRA (= adults)
JuKyu (10)	white	See attachment	n.v.t.	n.v.t.	2 escape techniques.
KuKyu (9)	white 1	See attachment	beginning Naihanchin	beginning Gohono Ichi	5 escape techniques.
HatchiKyu (8)	yellow	See attachment	Naihanchin (R)	Gohono Ichi	all escape techniques. <i>Kumite : Gohono ni</i>
NanaKyu (7)	yellow 1	See attachment	Heian Ichi	Renshu Ichi	★ <i>Naihanchin (L)</i>
RoKyu (6)	orange	See attachment	Heian Ichi	Renshu Ichi Gokyono Te Waza 1 & 2	<i>Kumite : Renshu ni</i> <i>Kata : Heian Yon</i>
GoKyu (5)	Orange 1	See attachment	Hapiken	Nijushiho Waza	Ukemi
YonKyu (4)	Green	See attachment	Hapiken	Nijushiho Waza Gokyono Te Waza 3,4,5	<i>Kumite : Gohono San</i>
SanKyu (3)	green 1	See attachment	NiJushiho	Randori Go Gokyono Ashi Waza 1 & 2	Nage Waza 1,2,3 Ten-Chi-Jin Kumite Te Waza 1,2,3 <i>Kata : Sanchin</i>
NiKyu (2)	brown	See attachment	Sankaku Tobi	SankakuTobi Shodan Ichi Gokyono Ashi Waza 3,4,5	Nage Waza 4,5 Ten-Chi-Jin Kumite Te Waza 1,2,3 ★ <i>Goshin Jitsu: 5x hand, 5x collar, 5x throat</i>
IchiKyu (1)	brown 1	See attachment	Koshiki Bassai	Randori Ni Alle Gokyono's	Tanto Jitsu ★ <i>Goshin Jitsu: 5x bear hug, 5x various</i> <i>Kata : Naihanchin Ichi</i>

KENKOKAN KARATE DOJOKUN (School Principles)

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★ Gain self-understanding by tasting the true meaning of combat ★ maintain propriety, etiquette, dignity and grace.

★ Search for pure principles of truth, justice and beauty. ★ Exercise positive personality, that is to say – confidence, courage and determination.

★ Always seek to develop the character further, aiming towards perfection and complete harmony with creation.