

**Joshinkan Isshinryu**  
**Karate Jutsu**  
**Test requirements**  
**8th kyu – 4th dan**



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## **Background and principles for the test requirements**

### **The building of a solid base**

The purpose of the curriculum to ensure a systematic approach to the development of each student and instructor. A reference and a set of unique minimum requirements. Moreover, it is meant as a tool for the individual instructors and students in Dojos.

Throughout the curriculum, there is a solid basis in the following techniques;

- Tsuki/uchi waza – Strikes/punches
- Keri waza – kicking
- Uke waza – Blocking
- Ukemi - Falling
- Nage waza – Throwing
- Kansetsu waza - Locking
- Shime waza – Strangulations
- Ne waza – groundfigthing
- Goshin waza – self defense

The idea is that the student must build a solid base or a good craft if you like, and thereby gain a broad understanding of current techniques which can be used in self-defense and combat. In addition, it is to support the basic foundations and the usage of the techniques under pressure in combat or self-defense.

### **Requirements for the individual degrees**

The requirements described in the individual grades are only the new techniques to be learned for the next level. All previous curriculum the student must also demonstrate. Furthermore, there must be a development in the techniques of the previous curriculum. That export power, understanding of the principles and the use of them in self-defense and combat.

## **Isshinryu Karate**

Karate as we know it today, was developed on the Japanese island of Okinawa in the Pacific.

The art has roots as far back as 600 years

Karate has through history been under the influence of other forms of martial arts from China and the islands around Okinawa.

The Isshinryu style was founded by Tatsuo Shimabuku. Shimabuku started to practice karate as 6 years old, under his uncle. Later Shimabuku studied under Choki Motobu (Shorin-Ryu), a Okinawan master who was known for his incredible strength.

Chotoku Kyan (Shorin-Ryu) was the second master Shimabuku trained under, Kyan was highly regarded in Okinawa. Moreover, he was recandnized as a skilled technician, and for his ability to move quickly.

The last master Shimabuku trained under was Chojun Miyagi (Goju-Ryu), he learned how important breathing was in karate.

Shimabuku was also studied Kobudo, Okinawan weapons under Shinken Taira.

Shimabuku studied: Rokushaku-Bo (a six foot long stick), Sai (a form of trefork / knives) and Tonfa (a kind of blockade batons).

Isshinryu Karate works primarily with empty-handed majority, but Kobudo is also part of the system.

Translated from the okinawanske language Isshinryu means "one heart one way" while karate means "empty hand".

Tatsou Shimabuku developed on the basis of an ancient Chinese warrior text, called bubishi, 8 codes for Isshinryu. The codes are as follows:

- A person's heart is like heaven and earth.
- blood circulation is the same as the sun and moon.
- The way to spit or drink is either hard or soft.
- A person out of balance is the same as weight.
- The body should be able to change direction at any time.
- The time to attack comes, when the opportunity shows itself.
- The eye must see all sides.
- The ear must listen in all directions.

## The Okinawan Crest

The shoulder crest used by the Joshinkan Isshinryu Karate kobudo branch includes the Okinawan crest (hidari gommon) in the middle. The mark symbolizes Okinawan karate. There are two anecdotes about its origins. One is that the crest was made as a royal brand / crest since the three kingdoms at the Royal Ryukyu islands were united.



The second anecdote concerns a samurai named Janne Eikata who was one of King Sho Nei-O's councilors. Janne was a strong proponent of Okinawa's strong cultural and commercial exchanges with China. Janne refused to accept the agreement the Japanese Satsuma clans instructed Okinawa.

In view of this, he was captured and sent to Kagoshima where he was sentenced to death and had to be boiled alive in oil. On days when the sentence was executed Janne asked for a last wish. His last wish was to train Te (Karate).

After Janne had trained for a short time he took hold of two samurai and pulled them into the boiling oil. The three bodies floated clockwise on the surface of the hot oil in a three decimal shape, characterizing the Okinawa crest.

The three characters under the crest says Joshinkan. The first character, Jo / UE, means the highest or best. The second sign is in honor of the Okinawan masters Angie Uezu and Tsuyoshi Uechi. The third sign shin means heart and is taken from Isshinryu. The last character can mean a school or hall.

Put together, it can be loosely translated into "The school of the highest heart. The name was given to Lars Andersen in 1996 after numerous visits to the United States and Okinawa. The name is to characterize the Joshinkan Isshinryu tradition and lineage.

## Mizu gami and Symbolic for Isshinryu



The symbolism behind Mizu Gami (watergoddess) is the whole basic idea of Isshinryu Karate, Mizu Gami is found in all traditional Isshinryu Dojos worldwide. Some schools also use the mark on their uniform. This colorful emblem with its deep sense illustrates an experience Tatsuo Shimabuku had during its development of Isshinryu karate.

- The oval form is to represent the vertical fist used in Isshinryu.
- The symbol shows a woman whose body has been taking shape as a watergoddess. Her left hand is held open as a sign of peace, while her right hand is attached, which together symbolize the struggle as the last resort.
- Oriental legends tell that a watergoddess is born at the bottom of the sea and when it have become a goddess, it moves up towards the sky. This is shown in the little drawing of goddess which simultaneously symbolizes, Tatsuo Shimabuku, founder of Isshinryu.
- Tatsuo was his "nickname" and means dragon in Japanese.
- The stormy waters and the gray sky represents a starting typhoon and controlled anger which a karateka can possess.
- The edge around the mark symbolizes a ring of fire, as the looming danger.
- While Mizu Gami symbolizes a mother protecting her child. She seems calm and friendly under the circumstances, but can be powerful if something threatens the self and its surroundings.
- The stars represent Tatsuo Shimabuku's masters.

## Japanese – English verbal list

<i>Japanese:</i>	<i>English:</i>
Jodan	High section
Chudan	The middle section
Gedan	Low section
Seiken	Knuckles
Uraken	Backside of knuckles
Tetsui	Hammerfist
Teisho	Root of hand
Te Katana	Handsword
Haito	Inverted handsword
Nukite	Fingerpoke
Empi	Elbow
Koshi	Front of foot
Sokuto	Knife foot
Kakato	Heel
Hiza	Knee
Sune	Shin
Haisoku	Overpart of foot
Geri	Kick
Tsuki	Punch
Uchi	Strike
Uke	Block
Dachi	Stance
Mae	Front
Ushiro	Back
Otoshi	Down
Age	Up
Yoko	Side
Mawashi	Cirkel
Yoi	Ready
Yamae	Stop
Hajime	Start
Kumite	Fighting
Kobudo	Weapon arts (Ko=ancient Bu=warrior, Do=way)
Karate	Empty hand
Isshinryu	One heart one way
Makiwara	Striking post
Sensei	Teacher
Sempai	Senior student
Dojo	Gym
1-2-3-4-5-6-7-8-9-10	Ichi – ni – san – shi – go – roku – shichi – hachi – ku - ju
Bo	App. 180 cm staff
Sai	A fork in metal
Tonfa	Wooden handle/baton





## 8th kyu yellow belt

<b>Dachi waza</b>	<b>Stance</b>
<i>Japanese:</i> Heisoku dachi	<i>English:</i> Feets together
Musubi dachi	Heels together, toes pointing 45 degrees outward
Seisan Dachi	Fighting stance, shoulders width, weight on front leg
Heiko dachi	”Yoi” /ready stance

### Upper basicss

<i>Japanese:</i>	<i>English:</i>
Chudan oi tsuki	Punch over lead leg
Jodan oi tsuki	Uppercut over lead leg
Chudan gyaku tsuki	Reverse punch, cross body
Jodan gyaku tsuki	Uppercut, cross body
Gedan barai → chudan gyaku tsuki	Low block → Reverse punch
Uchi uke → chudan gyaku tsuki	Middle block → Reverse punch
Chudan tegatana uke → Teisho	Knifehand block → strike with root of hand
Jodan tegatana uke → jodan gyaku tsuki	High knifehand block → uppercut

### Kicks – lower basics

<i>Japanese:</i>	<i>English:</i>
Mae geri	Front kick
Sokuto geri	Low stomp kick with side of foot
Fumi komi geri	Stomp kick
Yoko geri	Side kick
Shoba geri	Push front kick

## Blocking exercise

<i>Defense:</i>		<i>Attack:</i>	
Age uke	High block (cw)	Jodan gyaku tetsui uchi	Hammerstrike, forehead
Chudan soto uke	Middle block (ccw)	Jodan oi tsuki	Straight punch, chin
Gedan Barai	Low block (ccw)	Gedan gyaku tuski	Straight punch, solar
Gyaku Gedan uke	Inverted low block (cw)	Chudan mae geri	Front kick, groin
Tegatana uke	High knifehand block(cw)	Jodan kagi tsuki	Hook, chin

Cw: clock wise, ccw: counter clock wise

## Ukemi

Frontal rolling breakfall

Backward rolling breakfall

## Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

## Theory

*Questions:*

*Notes:*

- What does the word Isshinryu mean?

## Self Defense

*Defense against:*

- Frontal bearhug – arms are free
- Kick to groin
- Frontal choke

# Ne Waza – Groundfighting

## General demands:

- All positions shall be shown and demonstrated
- Ukemi waza/falling demonstrated.
- Furthermore – Shrimp – Upa – inverted shrimp – upa shrimp to belly.

<i>Position:</i>	<i>Explanation:</i>
Guard	The person who performs the guard, is on his back with legs up around your opponent's hips, the opponent is said to be in the guard. There can be no open or closed guard guard, depending on whether the person locks guard by crossing ankles behind the opponent's back (closed guard) or not.
Half guard	The person who performs half guard, lies on his back with a leg between the opponent's legs and a leg on the outside of the opponent's legs
Side control	The person performing side control reaches around the opponents' head and his shoulder is on the opponent's chest. Legs spread for better stability.
Knee on belly	One knee is on the opponent's stomach, the other foot on the floor. Hands are addressed in collar and sleeve.
Mount	The person who performs "mount", sits astride the opponent's chest. Opponent is said to be "mounted".
Cross body	The person who performs cross body, controls the opponent lying on his back, from side of the chest against the opponent's chest legs are free of the "guard".
Back	The person who takes the back (grab the back) are behind the opponent with both legs wrapped around the opponent's hips and with their feet hooked around the opponent's legs.

Appendix A for further explanation and illustration.



## 7th kyu orange belt

### Dachi waza

### Stances

<i>Japanese:</i>	<i>English:</i>
Neko ashi Dachi	Cat stance
Sanchin dachi	High stance with inward tension
Seiunchin Dachi	Low/wide Sumo stance – feet pointing 45 degrees out
Kosa Dachi	Cross stance
Zenkutsu Dachi	Long stance
Naihanchi dachi	High stance from Naihanchi kata

### Upper basics

<i>Japanese:</i>	<i>English:</i>
Jodan age uke → chudan gyaku tsuki	High block → punch
Soto uke → Ura uchi → chudan gyaku tsuki	Middle block → back hand strike → punch
Gedan barai → Gohon ren tsuki	Low block → 5 punches
Uchi uke → Gohon ren tsuki	Middle block → 5 punches
Gedan tegatana uke → jodan tegatana uchi	Low knifehand block → high knifehand chop
Nagashi uke → kagi ren tsuki	Sweeping block → 2 hooks
Mae empi uchi → Ushiro empi uchi	Forward elbowstrike → Backward elbowstrike

### Kicking - Lower basics

<i>Japanese:</i>	<i>English:</i>
Mawashi geri	Roundhouse kick
Mae kon ate	Low frontal kick with heel
Hiza geri	Knee kick
Ushiro geri	Back kick

### Elbow strikes

<i>Japanese:</i>	<i>English:</i>
Ushiro empi uchi	Backward elbowstrike
Mae empi uchi	Forward elbowstrike
Yoko empi uchi	Sideways elbowstrike
Tate empi uchi	Upwards elbowstrike

### Ukemi (Falling)

Side breakfall

Backward breakfall

### **Kumite**

### **Fighting**

*Subject:*

*Demand:*

Dojo kumite

1 dojofight

### **Kata**

### **Form**

*Kata:*

*Demand:*

Sanchin

Shime – test of breathing and tension

Bunkai – explanation of application and principles.

### **Focus pads - kicking/striking pads**

- Upper and lower basics tested.
- Control of timing, power and speed.

### **Theory**

*Questions:*

*Notes:*

- Who created Isshinryu ?
- Explain the Okinawan crest

### **Self Defense**

*Defense against:*

- Frontal bearhug – Arms locked
- Side neck choke/grab
- Collar grab and punch

### **Ne Waza – Groundfighting**

Mount, Guard, Cross body and side control demonstrated.

From Mount, Guard and Cross body demonstrated:

- 1 submission
- 1 Escape
- 1 shift of position from the dominant position.

From side control demonstrated:

- 1 escape

appendix A for further explanation



## 6th kyu purple belt

### Kicking - Lower basics

<i>Japanese:</i>	<i>English:</i>
Otoshi geri	Oblique roundhouse kick
Ushiro mawashi geri	Spinning roundhouse kick

### Nage waza

### Throwing

<i>Japanese:</i>	<i>English:</i>
De ashi barai	Sweep, outer reap

### Kumite

### Fighting

<i>Subject:</i>	<i>Demand:</i>
Dojo kumite	1 dojofight

### Kata

### Form

<i>Kata:</i>	<i>Demand:</i>
Naihanchi	3 Bunkais/Applications/applikations

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

### Theory

<i>Questions:</i>	<i>Notes:</i>
<ul style="list-style-type: none"> <li>• Who created Isshinryu ?</li> <li>• Explain the Okinawan crest Hvem</li> <li>• Explain the principle of breaking the balance</li> </ul>	

## Self Defense

### *Defense against:*

- Choke from behind
- Choke from the front
- Frontal collar grip with both hands

## Ne Waza – Groundfighting

Mount, Guard, Cross body, high mount and side control demonstrated.

From Mount, Guard, Cross body and high mount demonstrated:

- 2 submissions
- 2 Escapes.
- 1 shift of position from the dominant position.

From side control demonstrated:

- 2 escapes.

appendix A for further explanation



## 5th kyu blue belt

### Kicking - Lower basics

<i>Japanese:</i>	<i>English:</i>
Joshinkan Keri Waza	Sparkeøvelsen
<ul style="list-style-type: none"> <li>• Kamae</li> <li>• Mae Sune Uke</li> <li>• Mae geri</li> <li>• Kakato geri</li> <li>• Mawashi geri</li> <li>• Yoko geri</li> <li>• Kake geri</li> <li>• Ushiro geri</li> <li>• Ushiro mawashi geri</li> <li>• Mae tobi geri</li> <li>• Gyaku tsuki</li> </ul>	<ul style="list-style-type: none"> <li>• Fight position</li> <li>• Shinblock with front leg</li> <li>• Front kick</li> <li>• Heel kick</li> <li>• Roundhouse kick</li> <li>• Side kick</li> <li>• Hook kick</li> <li>• Spinning back kick</li> <li>• Spinning roundhouse kick</li> <li>• Flying front kick</li> <li>• Reverse punch.</li> </ul>

#### Kansetsu waza

#### Locks

<i>Japanese:</i>	<i>English:</i>
Kote gaeshi	Wrist lock
Waki gatame	Shoulder/elbow lock
Kote mawashi	Circular wristlock
Kote gatame	Standing wristlock – "praying position"

#### Nage waza

#### Throwing

<i>Japanese:</i>	<i>English:</i>
O soto gari	Outer reaping throw
O uchi gari	Inner reaping throw
	Neck/nose twist

#### Kumite

#### Fighting

<i>Subject:</i>	<i>Demand:</i>
Dojo kumite	3 dojofights
Ne waza	2 groundfights

#### Kata

#### Form

<i>Kata:</i>	<i>Demand:</i>
Seisan	3 Bunkais/Applications

## Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

### Theory

#### Questions:

#### Notes:

- Explain Mizu gami

## Self Defense

#### Defense against:

- Bearhug from behind – Arms free
- Hair grab

## Ne Waza – Groundfighting

Mount, Guard, Cross body, high mount and back demonstrated.

From each position demonstrated:

- 2 submissions
- 2 Escapes.
- 1 shift of position from the dominant position.

appendix A for further explanation



## 4th kyu green belt

<b>Kansetsu waza</b>	<b>Locks</b>
<i>Japanese:</i>	<i>English:</i>
Ude gatame	Elbow lock – arm over arm
Shiho nage	Figure 4 throw/lock
Yubi gatame	Finger lock

<b>Kumite</b>	<b>Fighting</b>
<i>Subject:</i>	<i>Demand:</i>
Dojo kumite	4 dojofights
Ne waza	2 groundfights

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

### Theory

<i>Questions:</i>	<i>Notes:</i>
<ul style="list-style-type: none"><li>• Explain the origin of Isshinryu</li></ul>	

## Self defense

<i>Defense against:</i>
<ul style="list-style-type: none"><li>• Grab in cloth from behind</li><li>• Full Nelson</li></ul>

## Ne Waza – Groundfighting

Mount, Guard, Cross body, high mount, back and north/south demonstrated.

For each position demonstrated:

- 2 submissions.
- 2 Escapes.
- 1 shift of position from the dominant position.

appendix A for further explanation



## 3rd kyu brown belt

<b>Kansetsu waza</b>	<b>Locks</b>
<i>Japanese:</i> Uchi hinage	<i>English:</i> Wristlock from start of seiunchin kata
Kote hiniri	Wrist lock – elbow high
Ude garami	Arm twist
2 leg locks	

<b>Kumite</b>	<b>Fighting</b>
<i>Subject:</i> Dojo kumite	<i>Demand:</i> 4 dojofights
Ne waza	2 groundfights

<b>Kata</b>	<b>Form</b>
<i>Kata:</i> Seiunchin	<i>Demand:</i> 3 Bunkais/Applications

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

### Theory

<i>Questions:</i>	<i>Notes:</i>
<ul style="list-style-type: none"> <li>• Explain the eight codes - Kempo gokui</li> </ul>	

## Ne Waza – Groundfighting

Mount, Guard, Cross body, high mount, back, north/south and knee on belly demonstrated.

For each position demonstrated:

- 2 submissions.
- 2 Escapes.
- 1 shift of position from the dominant position.

Appendix A for further explanation



## 2nd kyu brown belt – one black stripe

<b>Shime waza</b>	<b>Strangulations</b>
<i>Japanese:</i> Gyaku juji jime	<i>English:</i> X choke
Nami juji jime	Choke in gi collar
Guillotine	Arm around throat from the front
Hakadaka jime ichi	Choke from behind on the throat
Hakadaka jime ni	Choke from behind on the adams apple
Hakadaka jime san	Choke from behind on the throat, figure 4
Yoko jime	Choke on both sides of the throat with both underarms

<b>Kumite</b>	<b>Fighting</b>
<i>Subject:</i> Dojo kumite	<i>Demand:</i> 6 dojofights
Ne waza	3 groundfights

<b>Kata</b>	<b>Form</b>
<i>Kata:</i> Wansu	<i>Demand:</i> 3 Bunkais/Applications

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

<b>Theory</b>	
<i>Questions:</i>	<i>Notes:</i>

- Explain the history of Isshinryu



## 1st kyu brown belt – 2 black stripes

<b>Kumite</b>	<b>Fighting</b>
<i>Subject:</i>	<i>Demand:</i>
Dojo kumite	6 dojofights
Ne waza	1 groundfight
Tanbo randori	1 fight against short stick, demonstrate the 8 directions and the two wheels
Tanto randori	1 fight against a knife, demonstrate the 8 directions and the two wheels

<b>Kata</b>	<b>Form</b>
<i>Kata:</i>	<i>Demand:</i>
Chinto	3 Bunkais/Applications

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

<b>Theory</b>	
<i>Questions:</i>	<i>Notes:</i>

- Explain the 8 directions.
- Demonstrate fighting and principles against knife and short stick.



## 1st dan black belt – one gold stripe

<b>Kumite</b>	<b>Fighting</b>
<i>Subject:</i>	<i>Demand:</i>
Dojo kumite	10 dojofights
Ne waza	1 groundfight
Tanbo randori	1 fight against short stick, demonstrate the 8 directions and the two wheels
Tanto randori	1 fight against a knife, demonstrate the 8 directions and the two wheels

<b>Kata</b>	<b>Form</b>
<i>Kata:</i>	<i>Demand:</i>
Kusanku	3 Bunkais/Applications
Tokumeni No Kun	3 Bunkais/Applications

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

<b>Theory</b>	
<i>Questions:</i>	<i>Notes:</i>

- Explain the two wheels



## 2nd dan black belt – two gold stripes

<b>Kumite</b>		<b>Fighting</b>
<i>Subject:</i>		<i>Demand:</i>
Dojo kumite		10 dojofights
Ne waza		1 groundfight
Tanbo randori		1 fight against short stick, demonstrate the 8 directions and the two wheels
Tanto randori		1 fight against a knife, demonstrate the 8 directions and the two wheels
Bo – Bo Kumite		Demonstrated with partner
<i>Nr.</i>	<i>Attack (from right fighting posture)</i>	<i>Defense (from right fighting posture)</i>
1	→step forward chudan yoko uchi	→Step backwards/chudan morote uke – left hand on top
2	→forward i kosa dachi/tsuki komi →forward i kobudo dachi/tsuki komi	→backwards in kosa dachi/ yoko uke →backwards in kobudo dachi/yoko uke
3	→step forward/gyaku gedan harai uchi→step forward/gedan yoko uchi→step backwards/jodan morote uke	→step backwards/gedan yoko uke→step backwards/gedan yoko uke →step forward/uchi otoshi
4	→step forward/chudan yoko uchi→step forward/chudan yoko uchi→step backwards/jodan morote uke	→step backwards/chudan morote uke – left hand on top →step backwards/chudan morote uke – right hand on top→ step forward/uchi otoshi
5	→step forward/gyaku jodan harai uchi→step forward/jodan yoko uchi→step backwards/gedan sukui uke	→step backwards/jodan yoko uke→step backwards/jodan yoko uke →step forward/age uchi mod step
6	→step forward/gedan harai uchi→uchi otoshi→modtag mae geri	→jump over the bo→jodan morote uke→mae geri
7	→step forward i seiuchin dachi/tsuki komi	→step 45° backwards/low block
8	→step forward/gedan gyaku yoko uchi→step forward/gedan harai uchi→step backwards/jodan morote uke	→step backwards/gedan sukui uke→step backwards/gedan yoko uke →step forward/uchi otoshi
9	→step forward/jodan yoko uchi→step forward/jodan harai uchi→step forward/jodan yoko uchi→step backwards modtag afslut.	→step backwards/jodan yoko uke→step backwards/jodan yoko uke→step backwards/jodan yoko uke →attack – pursuit uke with figure eight movement/finish of with jodan yoko uchi
10	→forward i kosa dachi/tsuki komi	→step forward/chudan morote uke→gyaku tsuki komi

<b>Kata</b>	<b>Form</b>
<i>Kata:</i>	<i>Demand:</i>
Sunsu	3 Bunkais/Applications
Kusanku Sai	3 Bunkais/Applications

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

### Theory

<i>Questions:</i>	<i>Notes:</i>
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- Explain moving from point of origin and demonstrate in fighting



## 3rd dan black belt – three gold stripes

### Kumite

### Fighting

<i>Subject:</i>	<i>Demand:</i>
<b>Bo – Sai kumite</b>	<b>Demonstrated with partner</b>
<b>Nr. Attack with Bo staff (from right fighting posture)</b>	<b>Defense with Sai (from right fighting posture)</b>
1 →Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed soto uke→step back/left closed soto uke
2 →step forward/gedan harai uchi→step/gedan yoko uchi	→step back/sagashi dachi/right open gedan barai/left closed age uke →step back/sagashi dachi/left open gedan barai/right closed age uke
3 →step forward/jodan harai uchi→step/jodan yoko uchi	→step back/right jodan uchi uke→step back/left jodan uchi uke
4 →Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed soto uke→step back/left closed soto uke
5 →step forward/gedan harai uchi→step back/jodan morote uke →step back/chudan morote uke(ventre hand øverst) →step back/chudan morote uke (right hand øverst) →twist Boen→left mae geri→step forward/uchi otoshi →step 45° mod right/jodan yoko uchi→step forward/jodan harai uchi	→jump and evade bo/land with left leg forward→step forward/open right otoshi uchi →step forward/left open svingslag udefrom(chudan furi uchi)→step forward/right open swing (furi uchi) →step forward/closed yama tsuki –right øverst→recieve mae geri – land on the back→evade strike – roll left → get up on right knee/left open jodan uchi uke→get up – walk back, right kamae/right open jodan uchi uke
6 →step forward/jodan harai uchi→uchi otoshi→step back	→step back/kusanku evasionj→step forward/open jodan juji uke→step forward/open jodan hasami uchi
7 →Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed gedan barai→step back/left closed gedan barai
8 →step forward/jodan yoko uchi→step forward/jodan harai uchi	→step back/right open jodan soto uke→step back/left open jodan soto uke
9 →step forward/chudan harai uchi→step forward/chudan yoko uchi	→step back/right closed chudan uchi uke→step back/left closed chudan uchi uke→lås boen with left sai→to åbne otoshi uchi mod ukes arme→væk with boen→step forward/open tegatana uke
<b>Jiyu kumi Bo</b>	<b>3 fights with equipment.</b>

### Kata

### Form

<i>Kata:</i>	<i>Demand:</i>
Chatan Yara no Sai	3 Bunkais/Applications
Urashi no Kun	3 Bunkais/Applications

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.

### Theory

- Written treatise regarding oshinkan Isshinryu´s history.
- Demonstrate the 8 codes.



## 4th dan black belt – four gold stripes

### Kumite

### Fighting

<i>Subject:</i>		<i>Demand:</i>	
Bo – Tonfa kumite		Demonstrated with partner	
<i>Nr.</i>	<i>Attack with Bo staff (from right fighting posture)</i>	<i>Defense with Tonfa (from right fighting posture)</i>	
1	→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi		
2	→step forward/gedan harai uchi→step/gedan yoko uchi		
3	→step forward/jodan harai uchi→step/jodan yoko uchi		
4	→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi		
5	→step forward/gedan harai uchi→step back/jodan morote uke →step back/chudan morote uke(ventre hand øverst) →step back/chudan morote uke (right hand øverst) →twist Boen→left mae geri→step forward/uchi otoshi →step 45° mod right/jodan yoko uchi→step forward/jodan harai uchi		
6	→step forward/jodan harai uchi→uchi otoshi→step back		
7	→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi		
8	→step forward/jodan yoko uchi→step forward/jodan harai uchi		
9	→step forward/chudan harai uchi→step forward/chudan yoko uchi		

Jiyu kumi Bo

3 fights with equipment on

### Kata

### Form

<i>Kata:</i>	<i>Demand:</i>
Shi Shi no Kun	3 Bunkais/Applications
Hama Higa no Tonfa	3 Bunkais/Applications

### Focus pads - kicking/striking pads

- Upper and lower basics tested.
- Control of timing, power and speed.








### Theory




<i>Questions:</i>	<i>Notes:</i>
<ul style="list-style-type: none"> <li>• Explain power generation principles in punches and kicks.</li> <li>• Explain the principle of leverage and demonstrate.</li> </ul>	




## Appendix 1 - Ne Waza/Groundfighting



### General demand:

- All positions shall be shown and demonstrated
- Ukemi waza/falling demonstrated.
- Furthermore – Shrimp – Upa – inverted shrimp – upa shrimp to belly

<b>Appendix 1 - Ne Waza/Groundfighting</b>	
<p><b>General demand:</b></p> <ul style="list-style-type: none"> <li>• All positions shall be shown and demonstrated</li> <li>• Ukemi waza/falling demonstrated.</li> <li>• Furthermore – Shrimp – Upa – inverted shrimp – upa shrimp to belly</li> </ul>	
<b>Guard</b>	<b>Half guard</b>
 <p>The person who performs the guard, is on his back with legs up around your opponent's hips, the opponent is said to be in the guard. There can be no open or closed guard guard, depending on whether the person locks guard by crossing ankles behind the opponent's back (closed guard) or not.</p>	 <p>The person who performs half guard, lies on his back with a leg between the opponent's legs and a leg on the outside of the opponent's legs</p>
<b>Side control</b>	<b>Knee on belly</b>
 <p>The person performing side control reaches around the opponents' head and his shoulder is on the opponent's chest. Legs spread for better stability.</p>	 <p>One knee is on the opponent's stomach, the other foot on the floor. Hands are addressed in collar and sleeve.</p>
<b>Mount</b>	<b>Cross body</b>
 <p>The person who performs "mount", sits astride the opponent's chest. Opponent is said to be "mounted".</p>	 <p>The person who performs cross body, controls the opponent lying on his back, from side of the chest against the opponent's chest legs are free of the "guard".</p>
<b>Back</b>	
	<p>The person who takes the back (grab the back) are behind the opponent with both legs wrapped around the opponent's hips and with their feet hooked around the opponent's legs.</p>

<i>Attack:</i>	<i>Defense:</i>
<p><b>Guard Sweep</b></p> 	<ol style="list-style-type: none"> <li>1. Grab in the collar and sleeve. Set the knee into the abdomen - the second lie flat against the floor at opponent's knees - go up the elbow and drag opponent close - go on the side and perform sweep - get mount.</li> </ol>
<p><b>Guard position:</b> The person who performs the guard, is on his back with legs up around your opponent's hips, the opponent is said to be in the guard. There can be no open or closed guard guard, depending on whether the person locks guard by crossing ankles behind the opponent's back (closed guard) or not.</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Guard Pass</b></p> 	<ol style="list-style-type: none"> <li>1. Press with both hands on the opponent's lower part of stomach. Put one knee in center. Press with both hands on the opponent's legs and break the guard. Shoot knee / tibia rather than the thigh. Swing over the cross body position.</li> <li>2. Press with both hands on the opponent's lower part of stomach. Put one knee to center on the adversary and break the guard. Push yourself behind and address both the opponent's legs, up tibia of control. Take cross body position.</li> </ol>
<p><b>Guard position:</b> The person who performs the guard, is on his back with legs up around your opponent's hips, the opponent is said to be in the guard. There can be no open or closed guard guard, depending on whether the person locks guard by crossing ankles behind the opponent's back (closed guard) or not.</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Cross Body Position</b></p> 	<ol style="list-style-type: none"> <li>1. Upa, followed by shrimp - sink the body in front and intake guard. (Opponents have both hands on the opposite side of the body.)</li> <li>2. Upa / go into bridge, followed by shrimp - shoot one foot in the second and spread out (Go into his thigh). (Opponents have the arm far away from one's head on the same side of the body.)</li> </ol>
<p><b>Cross Body Position:</b> The person who performs cross body, controls the opponent lying on his back, from side of the chest against the opponent's chest legs are free of the "guard".</p>	

<i>Attack:</i>	<i>Defense:</i>
<p><b>Half Guard</b></p> 	<ol style="list-style-type: none"> <li>1. Set the "caught" pin feet from Ground and press with your hands against the opponent's legs - trying to get the mount.</li> <li>2. Use the not caught leg as leverage and pressure on the opponent's legs - free and try to get the mount or side control.</li> </ol>
<p><b>Half guard position:</b> The person who performs half guard, lies on his back with a leg between the opponent's legs and a leg on the outside of the opponent's legs</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Mount</b></p> 	<ol style="list-style-type: none"> <li>1. Upa - drag your opponent's arm / arms close to their own chest. Check your opponent's legs with own leg. Fire up the bridge / upa and scroll to the side where the opponent's legs are locked. Take mount position.</li> <li>2. Knee - elbow, lifting your opponent's feet and gliding his knees up under foot. Press elbow with his knee and get his legs up on top of the opponent's front thigh. Go in the bridge / upa and perform subsequent shrimp. Take guard position.</li> </ol>
<p><b>Mount position:</b> The person who performs "mount", sits astride the opponent's chest. Opponent is said to be "mounted".</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Back</b></p> 	<ol style="list-style-type: none"> <li>1. Move one foot and turn into the opposite side. This will better position, while lands in the opponent's guard.</li> <li>2. Move one foot and "Shrimp" over the loose foot - subsequently fight for the best position.</li> <li>3. Swing arms on head and go into a bridge - pressure on the shoulders to Ground - it provides a better position, as it lands in an opponent's guard or mount.</li> </ol>
<p><b>Back position:</b> The person who takes the back (grab the back) are behind the opponent with both legs wrapped around the opponent's hips and with their feet hooked around the opponent's legs.</p>	

<i>Attack:</i>	<i>Defense:</i>
<p><b>Side control</b></p> 	<ol style="list-style-type: none"> <li>1. Press the shoulders against Ground - pressure with both hands to his chin - throw your legs up to catch the head - roll him around - press knee into his back and right of him - go to high mount - pressure under his arm to his throat - jaw - possibly. armbar.</li> <li>2. Grab the low rib - upa / go into a bridge and roll him around - press knee into his back and right of him - go to high mount - pressure under his arm to his throat - jaw - possibly. armbar.</li> <li>3. Hook his rear legs and push out of the position step by step and try to take back his "Back".</li> </ol>
<p><b>Side control:</b> The person performing side control reaches around the opponents' head and his shoulder is on the opponent's chest. Legs spread for better stability.</p>	
<i>Attack:</i>	<i>Defense:</i>
<p><b>Knee on belly</b></p> 	<ol style="list-style-type: none"> <li>1. Put hand on the knee and on the abdomen and "Shrimp" away - shoot the body in front and trying to get in the guard position.</li> <li>2. Move both legs slightly off to the side and give a little push - "Shrimp" away - shoot the body in front and trying to get in the guard position.</li> </ol>
<p><b>Knee on belly:</b> One knee is on the opponent's stomach, the other foot on the floor. Hands are addressed in collar and sleeve</p>	

<i>Attack:</i>	<i>Defense:</i>
<b>From guard</b> <ol style="list-style-type: none"> <li>1. Kimura</li> <li>2. Collar choke.</li> <li>3. arm bar/juji gatame.</li> <li>4. guillotine</li> <li>5. triangle choke/sankaku jime.</li> </ol>	<ol style="list-style-type: none"> <li>1. Kimura - Grasp behind the knee</li> <li>2. Press the opponent's elbows together.</li> <li>3. Avoid stretched arms.</li> <li>4. Grap on the backs of the adversary- the press against his shoulder, neck and come out of the grip and go to Cross Body Position.</li> <li>5. Avoid stretched arms.</li> </ol>
<i>Attack:</i>	<i>Defense:</i>
<b>From mount</b> <ol style="list-style-type: none"> <li>1. Collar choke.</li> <li>2. Americana.</li> <li>3. Armbar – juji gatame.</li> </ol>	Try upa or knee elbow.
<i>Attack:</i>	<i>Defense:</i>
<b>From Cross Body</b> <ol style="list-style-type: none"> <li>1. Kimura</li> <li>2. Americana.</li> </ol>	Shift position.
<i>Attack:</i>	<i>Defense:</i>
<b>From side control</b> <ol style="list-style-type: none"> <li>1. Elbow lock done with legs.</li> <li>2. Americana done with legs.</li> </ol>	Shift position.
<i>Attack:</i>	<i>Defense:</i>
<b>From Back positionen</b> <ol style="list-style-type: none"> <li>1. rear naked choke.</li> <li>2. Armbar juji gatame.</li> </ol>	Shift position.