



SHOGEN RYU KARATE-DO INTERNATIONAL LTD. – S.K.I.L.

Green Belt Requirement Manual

This book belongs to: _____.

I, Sensei J. Pilon have arranged this manual with all its contents/information as a stepping-stone for my students to progress to their next Belt. With strong and dedication to workouts, positive attitude and with the aid of this manual the above named student, should excel in our Shogen (Shorin) Ryu Karate-Do program.

This booklet is not just a manual but also is a section of notes; use them to make this booklet completely yours. Your input into your note sections along with little memos or notes on various pages will help you retain this information with more ease. Our program is designed to give you, the student a strong base towards your martial arts journey. To do, this we will often be referring to this manual. The individual will learn rapidly by reading, saying out loud, and doing the outlined actions. With these three important steps done on a regular basis you'll find that the martial art becomes a beautiful way of life.

Date: _____ Mr. J. Pilon: _____



Stripe Requirements to Progress to Green Belt

Reward

First Stripe – 4 - 8 weeks

- Assist with organizing and event at the dojo
- Yakusoku # 5

Second Stripe - 4 – 8 weeks

- Demo for Dojo – National Event
- Competing at Tournament

Third Stripe - 4 – 8 weeks

- Participate - International Event
- Yakusoku # 6

Fourth Stripe - 4 - 8 weeks

- Yakusoku # 7
- Essay in before being asked for Grading

Promotion

First Stripe – 4 - 8 weeks

- All Self -Defences
- first ½ of Bunkai for Pinan #1
- Kata – first ¼ of Pinan #4

Second Stripe – 4 - 8 weeks

- Yakusoku #3
- second ½ of Bunkai for Pinan #1
- Kata – second ¼ of Pinan #4

Third Stripe – 4 - 8 weeks

- Yakusoku #4
- first ½ of Bunkai for Pinan #2
- Kata –third ¼ of Pinan #4

Fourth Stripe – 4 - 8 weeks

- Yakusoku 1-4
- second ½ of Bunkai for Pinan #2
- Kata - fourth ¼ of Pinan #4

Essay Topic – Purple Belt Promotion

What is the importance of repetition in Martial Arts basics (Waza)?

Resume Format for Promotions

1. Resume (essay) should be 2 pages in total length, typed, and double-spaced.
2. Material must not be plagiarized (information must be written in your own words and thoughts).
3. Resume is to be typed on 8 1/2" by 11" white paper.
4. Start by dedicating the resume To Sensei J. Pilon.
5. Next put the topic title, then space 2 lines before typing the topic material.
6. After completion, space 4 lines and then type your name to the lower right hand side of the page. This will leave a spot for you to sign your name.
7. Type the date (month/day/year) directly below your typed name.
8. Sign your name in pen above your typed name.
9. Staple your sheets together on the upper left corner.
10. Fold the resume in 3 equal sections (2 folds) and place in a white unsealed envelope (9 1/2" by 4")
11. The envelope should be addressed to Sensei J. Pilon
12. This complete resume should be handed in to Sensei at least 1 month before you hope to grade. This allows for corrections to be made should they be necessary.
13. *Adults* - Essays will be handed into high-ranking belts for review.
14. You must have at least 8 classes each month, or advancement can be denied.



Pinan Yondan

First Stripe

1. Bow
2. Lt leg to open leg stance
3. Rt leg to 1:30 pivot to face 9:00 in a Lt cat stance w/ Lt Split middle knife hand block
4. Lt foot to 10:30 pivots body to face 9:00 in a Rt Cat stance w/ Rt Split middle knife hand block
5. Lt leg to 12:00 in a Lt front leg bent stance w/ Lt Lower crossing block
6. Rt leg to a Rt front leg bent stance w/ Rt Augmented forearm block

Second Stripe

7. Lt foot to a closed ready stance towards 10:30 head facing 9:00
8. Lt punch w/ Lt toe kick into a Lt cat stance w/ Rt elbow smash
9. Push Lt heel to 7:30 bring Rt foot back to Lt foot head to face 3:00
10. Rt punch w/ Rt toe kick into a Rt cat stance w/ Lt elbow smash
11. Lt foot to 12:00 to a Lt Cross leg Stance w/ Rt upper inner knife hand block
12. Rt ball of the foot kick in a Rt Cross leg Stance w/ Rt Back fist

Third Stripe

13. Rt heel to 6:00 pivot to face 3:00 in a Lt Cat stance w/ Lt outward middle block
 - Lt heel down to ready cat stance a Rt toe kick w/ Rt Lt double punch
14. Lt Foot to 6:00 Pivot body to face 9:00 in a Rt cat stance W/ Rt middle outward block
 - Rt heel down to ready cat stance a Lt toe kick w/ Lt Rt double punch

Fourth Stripe

15. Lt foot to 6:00 into a Lt front leg bent stance w/ Lt augmented forearm block
16. Rt front leg bent stance w/ Rt augmented forearm block
17. Lt front leg bent stance w/ Lt augmented forearm block
18. Hands up to prevent a grab to a Rt knee Smash (KIAI)
19. Rt foot to 4:30 Pivot body to face 10:30 in a Lt Cat Stance w/ Lt middle knife hand block
20. Rt foot to 1:30 in a Rt cat stance w/ Rt Middle knife hand block
21. Rt foot small step w/Lt foot up to an open leg stance
22. Bow

Yakusoku Kumite 1-7

Each Kumite set begins and ends with a bow (Fig. I-vi pg 254), but this will be shown in Kumite 1 and 7 only. All of the kumite can be executed beginning with either hand or either foot.

Yakusoku # 5

Attacker	Defender
<ol style="list-style-type: none"> 1. Open leg natural stance 2. Step to 12:00 in a Lt front leg bent stance w/ Rt middle punch 3. Rt toe kick to groin 4. Step to 10:30 to face 4:40 in a Lt cat stance w/ hands closed in guard position 5. Step to Rt front leg bent stance w/ Rt punch 6. Lt foot back to a open leg natural stance 	<ol style="list-style-type: none"> 1. Open leg natural stance 2. Step to 9:00 in a Lt Slanted front leg bent stance (pg. 66 fig.11) w/ Rt middle outward block 3. Rt leg to 9:00 in a Lt cross legged stance w/Rt low block 4. Step Rt foot to 10:30 in a Lt cat stance w/ Lt knife hand block 5. Step back in a Rt cat stance w/Rt hand grabbing attackers Rt punch 6. Rt middle toe kick 7. Lt foot forward to 12:00 to a open leg natural stance

Yakusoku # 6

Attacker	Defender
<ol style="list-style-type: none"> 1. Open leg natural stance 2. Step to 12:00 in a Lt cat stance w/ hands in guard position 3. Step to 10:30 in a Lt cat stance w/ hands in guard position 4. Step to 4:30 in a Lt cat stance w/ hands in guard position 5. Step to 12:00 in a Rt front leg stance w/ Rt middle punch 	<ol style="list-style-type: none"> 1. Open leg natural stance 2. Rt foot back to 6:00 in a Lt foot walking stance w/ hands in an open over head ready position 3. Step to 10:30 in a Lt foot walking stance w/ hands in an open over head ready position 4. Step to 4:30 in a Lt foot walking stance w/ hands in an open over head ready position 5. Step to 12:00 in a Lt foot walking stance w/ hands in an open over head ready position 6. Step to 7:30 in a Rt horse stance w/ a Rt-Lt-middle palm heel strike to a Rt back fist 7. Lt foot forward to 12:00 to a open leg natural stance

Yakusoku # 7

Attacker	Defender
1. Open leg natural stance	1. Open leg natural stance
2. Step to 12:00 in a Rt natural walking stance w/ a Rt grab to defenders Lt collar	2. Step to 6:00 in a Lt natural walking stance w/ Lt open hand block
3. Shift to Rt natural walking stance	3. Shift to 6:00 in a Lt natural walking stance
4. Shift to Rt natural walking stance	4. Step to 12:00 in a Lt natural walking stance
5. Shift to 6:00 to a Rt natural walking stance	5. Shift to 12:00 in a Lt natural walking stance w/ Lt lower palm heel block-Rt high reverse punch
6. Shift to 6:00 to a Rt natural walking stance w/Lt middle punch	6. Rt foot forward to 12:00 to a open leg natural stance

Always begin and finish all kumite sets with a Bow, even though it is not mentioned in the writings. The bow is done towards the instructor first, then to each other. After the demonstration, bow to each other first, then to the instructor to finish.

Notes

DEMONSTRATION AND/OR TOURNAMENT BEHAVIOUR

Entering the demonstration/competition area.

BOW, ALWAYS BOW BEFORE YOU ENTER A RING, IT IS YOUR DOJO AT A TOURNAMENT FOR DEMONSTRATION.

WALK IN A CONTROLLED MANNER (ALONG THE INSIDE BACK OF THE RING), UNTIL YOU ARE IN LINE WITH THE CENTER JUDGE. TURN AND BOW BEGIN TO WALK TOWARDS THE CENTER JUDGE UNTIL YOU ARE ABOUT 3 TO 4 FEET AWAY, BOW AND BEGIN YOUR INTRODUCTION.

Introduction for special events, tournaments, demonstrations.

HONORABLE GUESTS! OR JUDGES!

MY NAME IS _____ . I REPRESENT GRAND MASTER KENSEI TABA 1ST PRESIDENT OF THE Okinawa Shogen Ryu Karate-do & Kobudo Association (KARATE). MY SENSEI IS MR. JERRY PILON OF STRATHROY ONTARIO CANADA. THE KATA I WILL DEMONSTRATE IS _____ .

BACK UP ABOUT 4 TO 6 STEPS AND BOW. CLOSE YOUR EYES AND VISUALIZE YOUR KATA. BREATHE DEEP IN & OUT AND OPEN EYES. ANNOUNCE YOUR KATA! RELATIVELY LOUD, GET THE ATTENTIONS OF THE CROWD WATCHING; BEGIN YOUR KATA. ONCE YOU ARE FINISHED YOUR KATA BOW, TAKE A DEEP BREATH AND ANNOUNCE YOUR KATA AGAIN. STAND IN READY STANCE AND AWAIT YOUR POINTS OR COMMAND TO FINISH. ONCE YOU HAVE RECEIVED YOUR POINTS, OR HAVE BEEN GIVEN YOUR INSTRUCTIONS TO LEAVE, THANK THE JUDGES, OR CROWD, BOW AND SAY “DOMO ARIGATO GOZAIMASU, SENSEI!”

Leaving the ring.

BOW ONCE YOU ARE DISMISSED BACK UP AWAY FROM THE JUDGES OR CROWD, DON'T SHOW YOUR BACK. ONCE YOU ARE AT THE BACK OF THE RING TURN TO THE NEXT IN LINE AND BOW, WALK TOWARDS THEM AND TURN AT THE SIDE OF THE RING TURN AROUND TO BOW TO THE RING. LEAVE QUIETLY, BUT BE READY TO CHEER ON THE NEXT GROUP OF PEOPLE DEMONSTRATING. WATCH CLOSE AS THEY COULD GIVE YOU BIG TIPS ON HOW TO IMPROVE YOUR DEMONSTRATION.

****NOTE** from the beginning to the end I look at grading you, that is how I come up with the numbers. If you enter bad and I know you have done this before then you'll get a so so mark. if you enter with great confidence you'll get some bonus points. the difference between 1st and 4th place could be the entrance, before you demonstrate your kata.**

Grading Sheet for Green Belt Students Name: _____

<i>Stripe Exercises</i>	<i>Comments/Explanation</i>	<i>1</i>	<i>2</i>	<i>3</i>
First Stripe 4 - 8 weeks				
All Self -Defences				
1 st ½ of Bunkai for Pinan #1				
Kata – first ¼ of Pinan #4				
Second Stripe 4 - 8 weeks				
Yakusoku #3				
2 nd ½ of Bunkai for Pinan #1				
Kata – second ¼ of Pinan #4				
Third Stripe 4 - 8 weeks				
Yakusoku #4				
1 st ½ of Bunkai for Pinan #2				
Kata –third ¼ of Pinan #4				
Fourth Stripe – 4 - 8 weeks				
Yakusoku 1-4				
2 nd ½ of Bunkai for Pinan #2				
Kata - fourth ¼ of Pinan #4				
Essay received YES___	Accepted by	Date:		