



**GRAND RIVER KARATE**  
Cooperation Friendship Learning

[www.grkarate.com](http://www.grkarate.com)

SHIDO-KAN SHORIN RYU  
TRADITIONAL OKINAWA KARATE-DO  
**REQUIREMENTS  
MANUAL**

NAME



Member of the  
Beikoku Shido-kan  
Karate-do Association

志道館





**Okinawan Shisa**  
 is a traditional Ryukyuan decoration, often in pairs, resembling a cross between a lion and a dog, from Okinawan mythology. People place pairs of shisa on their rooftops or flanking the gates to their houses. Shisa are wards, believed to protect from some evils. When in pairs, the left shisa traditionally has a closed mouth, the right one an open mouth. The open mouth wards off evil spirits, and the closed mouth keeps good spirits in.

## WELCOME

Grand River Karate is a not-for-profit volunteer community organization that has served the Waterloo region and area since 1995. We enjoy teaching and training in a traditional Okinawan martial art called Shorin Ryu Shido-kan Karate-do. This comprehensive program is designed for young and old who wish to enhance their fitness level, focus, spirit and confidence.



It is Iha Sensei's hope that with the help of their training in karate-do, his students can learn to cope with any situation, be persistent, face problems with courage, take care of themselves, to realize their potential and to feel good about themselves. He frequently tells his students that "Friendship and cooperation are the most important part of karate."

For more information go to [www.grkarate.com](http://www.grkarate.com)

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For details of Drills & Kumites go our website [www.grkarate.com](http://www.grkarate.com) and click on the link "Style"

# KYU BELT REQUIREMENT GUIDELINES

## Grading Preparation

All Grand River Karate students must be paid-up members in order to grade for stripes or belts.  
Regular attendance is 2 or more classes per week.  
Gradings may be postponed for students with inconsistent or interrupted training.  
Students must continue to improve in attitude and character.

## Stripe Gradings

Students are to complete the required minimum number of classes to be eligible to stripe.  
Students are required to ask a black belt for a pre-test before stripe testing.  
A black belt will give students permission to test, as well as necessary help and encouragement.

## Belt Gradings

Students are required to ask a regular teaching Sensei for a pre-test before registering for a belt test.  
Students must be a 3rd stripe for 2 weeks of regular training to register for a belt test.  
Student must know the terminology for their level and previous levels. You will be questioned at the grading.  
Grading fees must be submitted the day of and before the test with test grading sheet.

## 3rd Kyu Green Belt (Black Middle) and Up

Students are required to register for Beikoku membership upon attaining 3rd kyu.  
Students are required to present their Beikoku membership cards with grading fee and test grading sheet.  
Note: Kyu belt members may acquire a Beikoku membership at any time. See Sensei for details.  
To download the application go to: <http://www.ihadojo.com/Association/Downloads/Application2014.pdf>

## Black Belt Dan Gradings (See page 16 for more details)

Students will be Grand River Karate and Beikoku Association members in good standing.  
The Chief Instructor will inform students approximately 6 to 12 months prior so they can prepare.  
Students should not ask or request Sensei when he or she will be tested.  
Once permission to Dan test is given the student is required to do the following:

- Participate in classes at least once a month at the Shido-kan Canada Karate-do dojo in Guelph, ON.
- A minimum of 3 visits to the hombu dojo to participate in classes and pre-test at least once per visit.  
(NTS is considered as 1 visit).

## Coming From Another Style:

We have many students who have come from other martial art styles and are now training in Shido-kan Shorin Ryu at Grand River Karate. Many of our instructors have trained in other styles as well. We believe there is no one style superior to another; they are simply different and should all be respected equally. Many karate-ka are interested in going back to the roots to learn traditional Okinawan Karate-do. Okinawa is the birth place of Karate and Shorin Ryu is the original style. We are very fortunate to be affiliated and train with North America's highest ranked Okinawan master, Hanshi, 10th Dan, Seikichi Iha.

Since Okinawa Shido-kan Shorin Ryu differs from other martial arts and other karate styles and our requirements for each level are very specific, students coming from other styles are required to begin at white belt. Depending on your skill level and ability to adjust to a new style you may progress quicker than the minimum required classes specified for each stripe and belt level.

*The goal of this manual is to support each student's development and understanding of the requirements and the way of Shido-kan karate-do.*

## DOJO RULES



- Bow with respect as you enter and leave the dojo area.
- All Black Belts are to be addressed as Sensei.
- Always be on time for class. If you are late, wait for the teaching Sensei's permission to join class.
- For safety avoid wearing shoes, rings, jewelry and hair clips during class. Soft head bands are allowed.
- Maintain hygiene: clip finger nails, toe nails and keep your gi clean.
- Ask the Sensei, who is teaching class, for permission to leave the training area (e.g., the restroom and equipment room).
- To enhance your learning, ask questions. If Sensei is talking to someone wait until he/she is done, unless it's an emergency.
- When class is called to begin or end, line up quickly and quietly.
- Always pay attention during class and practice hard.
- Be polite, courteous, and respectful to everyone in the dojo.
- Have fun!

***Thank you for your understanding.***



# BELT REQUIREMENT OVERVIEW

Kyu	Belt	No. of Classes
	White Belt 1st stripe	6
	White Belt 2nd stripe	7
	White Belt 3rd stripe	7
<b>10th</b>	<b>Yellow Belt</b>	<b>Minimum 20</b>
	Yellow Belt 1st stripe	10
	Yellow Belt 2nd stripe	10
	Yellow Belt 3rd stripe	10
<b>9th</b>	<b>Yellow Belt (Black Middle)</b>	<b>Minimum 30</b>
	Yellow Belt (Black Middle) 1st stripe	12
	Yellow Belt (Black Middle) 2nd stripe	12
	Yellow Belt (Black Middle) 3rd stripe	12
<b>8th</b>	<b>Orange Belt</b>	<b>Minimum 36</b>
	Orange Belt 1st stripe	12
	Orange Belt 2nd stripe	12
	Orange Belt 3rd stripe	12
<b>7th</b>	<b>Orange Belt (Black Middle)</b>	<b>Minimum 36</b>
	Orange Belt (Black Middle) 1st stripe	14
	Orange Belt (Black Middle) 2nd stripe	14
	Orange Belt (Black Middle) 3rd stripe	14
<b>6th</b>	<b>Blue Belt</b>	<b>Minimum 42</b>
	Blue Belt 1st stripe	14
	Blue Belt 2nd stripe	14
	Blue Belt 3rd stripe	14
<b>5th</b>	<b>Blue Belt (Black Middle)</b>	<b>Minimum 42</b>
	Blue Belt (Black Middle) 1st stripe	14
	Blue Belt (Black Middle) 2nd stripe	14
	Blue Belt (Black Middle) 3rd stripe	14
<b>4th</b>	<b>Green Belt</b>	<b>Minimum 42</b>
	Green Belt 1st stripe	14
	Green Belt 2nd stripe	14
	Green Belt 3rd stripe	14
<b>3rd</b>	<b>Green Belt (Black Middle)</b>	<b>Minimum 42</b>
	Green Belt (Black Middle) 1st stripe	16
	Green Belt (Black Middle) 2nd stripe	16
	Green Belt (Black Middle) 3rd stripe	16
<b>2nd</b>	<b>Brown Belt</b>	<b>48</b>
	Brown Belt 1st stripe	20
	Brown Belt 2nd stripe	20
<b>1st</b>	<b>Brown Belt (Black Middle)</b>	<b>Minimum 40</b>

## REQUIREMENT DETAILS All new students start at white belt level

To achieve

### 10th Kyu Yellow Belt

#### 1st Stripe - After 6 classes

KATA - Kihon ichidan

DRILL - Chart 1, Drill 1

#### 2nd stripe - After 7 classes

KATA - Kihon nidan

DRILL - Chart 1, Drill 2 & 3

#### 3rd stripe - After 7 classes

KATA - Kihon sandan

DRILL - Chart 1, Drill 4 & 5

KUMITE - Number 1

#### Minimum 20 Classes

*Teachers open the door,  
but you must enter by yourself.*

*Chinese Proverb*

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

### Onegaishimasu

**(Own eh ga ee shee maus)**

**It means - Please teach me**

*What you say at the beginning of a class when you bow to Sensei from a kneeling position.*

*Also say this to a fellow student when you begin partner work. You can also say this to a higher rank before or after class if you need personal instruction.*

### Domo arigato gozaimashita

**(Dow mow ar ree ga tow go za ee maush tah)**

**It means - Thank you very much**

*What you say at the end of a class when you bow to Sensei from a kneeling position.*

### Do itashimashite

**(Dow itaush ee maush tah)**

**It means - You are welcome**

*This is a reply to*

*"Domo arigato gozaimashita" (Thank you very much)*

### Terms used during class

Dojo = Training hall

Gi = Uniform, Obi = Belt

Hajime = Begin

Karate = empty hand

Kiotsuke = Attention

Mo ichi do = One more time

Rei = Bow

Sensei = Teacher

Yamae = Finish

Yoi = Ready (Go into Kamae - ready position)

### Numbers 1-10

Ichi; ni; san; shi; go; roku; shichi; hachi; ku; jyu

# REQUIREMENT DETAILS

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To achieve

## ~~9th Kyu Yellow Belt (Black Middle)~~

### **Belt 1st stripe - After 10 classes**

KATA - Kihon yondan  
DRILL - Chart 1, Drill 6

### **Belt 2nd stripe - After 10 classes**

KATA - Kihon godan  
DRILL - Chart 1, Drill 7  
KUMITE - Number 2

### **Belt 3rd stripe - After 10 classes**

KATA - Naihanshi shodan  
DRILL - Chart 1, Drill 8

### **Minimum 30 Classes**

Students are required to know previous requirements and terminology for their belt test.

*Instructors can impart only a fraction of teaching. It is through your own devoted practice that the mysteries of the art are brought to life.*

*Morihei Ueshiba*

## **Terminology for Belt Test**

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

### **BLOCKS (Uke)**

Gedan barai = Low  
Jodan uke = High  
Morote uke = Double  
Soto uke = Outside  
Uchi uke = Inside

### **KICKS (Geri)**

Hiza uchi = Knee strike  
Fumi komi = Stomp Kick  
Mae geri = Front kick  
Mawashi geri = Roundhouse  
Ueshiro geri = Back kick  
Yoko geri = Side kick

### **STANCES (Dachi)**

Kokutsu dachi = Back  
Naihanshi dachi = Iron horse  
Shiko dachi = Straddle  
Uki ashi dachi = Stable  
Zenkutsu dachi = Front

# REQUIREMENT DETAILS

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To achieve

## 8th Kyu Orange Belt

### 1st stripe - After 12 classes

KATA - Naihanshi shodan oyo bunkai

DRILL - Chart 1, Drill 9

### 2nd stripe - After 12 classes

OYO BUNKAI - Naihanshi shodan

DRILL - Chart 1, Drill 10

### 3rd stripe - After 12 classes

KATA - Pinan shodan

DRILL - Chart 1, Drill 11

KUMITE - Number 3

### Minimum 36 Classes

Students are required to know previous requirements and terminology for their belt test.

*A punch should stay like a treasure in the sleeve. It should not be used indiscriminately.*

*Master Chotoku Kyan*

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

Hidari = Left

Migi = Right

Kagite = hooking hand

Nagashi = Sweeping hand

Nukite = Spear hand

Shuto = Knife edge

Tettsui = Hammer fist

Uraken = Back fist

Zuki = Punch



# REQUIREMENT DETAILS

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To achieve

## 7th Kyu Orange (Black Middle)

### 1st stripe - After 12 classes

KATA - Pinan shodan oyo bunkai

DRILL - Chart 2, Drill 1

### 2nd stripe - After 12 classes

OYO BUNKAI - Pinan shodan

DRILL - Chart 2, Drill 2

### 3rd stripe - After 12 classes

KATA - Pinan nidan

BUNKAI - Pinan shodan

KUMITE - Number 4

### Minimum 36 Classes

Students are required to know previous requirements and terminology for their belt test.

*To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.*

*Sun Tsu  
The Art of War*

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

Kyu = Rank below black belt

Sempai = Assisting senior student

Sensei = Teacher

Dan = Black belt rank

Kyoshi = Master

Hanshi = High master

Kiai = Shouting spirit

Kime = Focus

Kimochi = Attitude

Pinan = Peaceful mind

# REQUIREMENT DETAILS

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To achieve

## 6th Kyu Blue Belt

### 1st stripe - After 14 classes

KATA - Pinan sandan  
DRILL - Chart 2, Drill 3

### 2nd stripe - After 14 classes

DRILL - Chart 2, Drill 4  
BUNKAI - Pinan sandan

### 3rd stripe - After 14 classes

KATA - Pinan yondan  
KUMITE - 5

### Minimum 42 Classes

Students are required to know previous requirements and terminology for their belt test.

*No one is more confusing than someone who gives good advice, while setting a bad example.*

Unknown

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

**Shido-kan** means

**"The way or house of the path of the warrior"**

**Shorin Ryu** means **"The small forest way"**

**Founders:**

**Seikichi Iha, 10th Dan, Hanshi**

Head of the Beikoku Association  
Highest Ranked Okinawan master in North America

**Katsuya Miyahira, 10th Dan, Hanshi**

Founder of Shido-kan Shorin-Ryu  
Sensei to Seikichi Iha

**Chosin Chibana**

Founder of Shorin Ryu  
Student of Anko Itosu  
Sensei to Katsuya Miyahira

**Shinpan Gusukuma**

Student of Anko Itosu  
Studied with many other masters  
Sensei to Seikichi Iha

**Anko Itosu**

Student of Sokon Matsumura

**Sokon Matsumura**

*If you are interested in more details on Shido-kan history and lineage go to [www.grkarate.com](http://www.grkarate.com)*

# REQUIREMENT DETAILS

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To achieve

## 5th Kyu Blue (Black Middle)

### 1st stripe - After 14 classes

KATA - Pinan yondan oyo bunkai

DRILL - Chart 2, Drill 5

### 2nd stripe - After 14 classes

OYO BUNKAI - Pinan yondan

DRILL - Chart 2, Drill 6

### 3rd stripe - After 14 classes

BUNKAI - Pinan yondan

KUMITE - Number 6

### Minimum 42 Classes

Students are required to know previous requirements and terminology for their belt test.

*Karate begins and ends with respect.*

*Master Anko Itosu*

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

### Five precepts of Shido-kan:

1. To strive for perfection of character
2. To defend the paths of truth
3. To foster the spirit of effort
4. To honour and respect one's fellows
5. To guard against impetuous courage

# REQUIREMENT DETAILS

To achieve

## 4th Kyu Green Belt

### 1st stripe - After 14 classes

KATA - Pinan godan

KUMITE - Number 7

### 2nd stripe - After 14 classes

KATA - Itosu Passai (sho)

KUMITE - Number 8

### 3rd stripe - After 14 classes

KATA - Itosu Passai (sho) bunkai

BUNKAI - Itosu Passai (sho)

### Minimum 42 Classes

Students are required to know previous requirements and terminology for their belt test.

*Do or do not. There is no try.*

*Yoda*

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

Karate ni sente nashi = In karate there is no first attack.

Bunkai = analysis

Oyo bunkai = practical application

### Numbers 11-20

jyu-ichi; jyu-ni; jyu-san; jyu-shi; jyu-go;

jyu-roku; jyu-shichi; jyu-hachi; jyu-ku; ni-jyu

# REQUIREMENT DETAILS

To achieve

## 3rd Kyu Green (Black Middle)

### 1st stripe - After 14 classes

KATA - Naihanshi nidan

DRILL - Chart 3, Drill 1 & 2

### 2nd stripe - After 14 classes

KATA - Kusanku sho

DRILL - Chart 3, Drill 3

KUMITE - 9

### 3rd stripe - After 14 classes

KATA - Naihanshi sandan

DRILL - Chart 3, Drill 4

BO KATA - Ufugusuku

### Minimum 42 Classes

Students are required to know previous requirements and terminology for their belt test.

*Fear will make you hesitate.  
Hesitation will make your  
fear come true.*

*Unknown*

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

Bo = Kobudo weapon, six foot staff

Kama = Kobudo weapon, sickle to cut grain

Kusanku = Chinese diplomat

Nunchaku = Kobudo weapon, Rice flail

Sai = Kobudo weapon, fork for picking up straw

Tonfa = Kobudo weapon, grinding wheel handle

### NOTE:

**Beikoku Membership** required to test for 3rd Kyu

Students are required to register for Beikoku membership upon attaining 3rd kyu.

Students are required to present their Beikoku membership cards with grading fee and test grading sheet.

To download the application click on this link:

<http://www.ihadojo.com/Association/Downloads/Application2014.pdf>

# REQUIREMENT DETAILS

To achieve

## 2nd Kyu Brown Belt

### 1st stripe - After 14 classes

KATA - Matsumura Passai (dai)

KUMITE - Number 10

### 2nd stripe - After 14 classes

KUMITE - Numbers 11, 12

### 3rd stripe - After 14 classes

KATA - Kusanku dai

KUMITE - Number 13

BO KATA - Shushi no kon sho

### Minimum 48 Classes

Students are required to know previous requirements and terminology for their belt test.

*Daniel San! Daniel San!  
It ok lose to opponent,  
must not lose to fear.*

*Mr. Miyagi  
The Karate Kid*

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

Research history on Seikichi Iha Sensei

# REQUIREMENT DETAILS

To achieve

## 1st Kyu Brown (Black Middle)

### 1st stripe - After 20 classes

KUMITE - 14 & 15

### 2nd stripe - After 20 classes

KATA - Chinto

KUMITE - 16

BO KATA - Choun no kun sho

### Minimum 40 Classes

Students are required to know previous requirements and terminology for their belt test.

## Shodan (1st Dan)

Kata - Gojushiho

BUNKAI - Naihanshi nidan

KUMITE - 17 & 18

*To have patience  
where one can have patience  
is not real patience. . .*

*But to have patience  
where it is intolerable,  
then this is real patience.*

## Terminology for Belt Test

To help with Japanese pronunciations use the following vowel sounds.

**A** as in 'father'

**E** as in 'get'

**I** as in 'macaroni'

**O** as in 'bone'

**U** as in 'flu'

Research history on Okinawan karate styles

## Dan Grading Qualifications

Once a student has achieved a 1st Dan (Degree) black belt the following are the minimum years of training and requirements.

**1st Degree Black Belt - Shodan:** More than 3 years of Shido-kan training

**2nd Degree Black Belt - Nidan:** More than 2 years of continuous Shido-kan training and Beikoku membership after Shodan.

**3rd Degree Black Belt - Sandan:** More than 3 years of continuous Shido-kan training and Beikoku membership after Nidan.

**4th Degree Black Belt - Yondan:** More than 4 years of continuous Shido-kan training and Beikoku membership after Sandan.

**5th Degree Black Belt - Godan:** More than 5 years of continuous Shido-kan training and Beikoku membership after Yondan.

**6th Degree Black Belt - Rokudan:** Godan holder above 35 years old with approval of the dojo head, more than 6 years of continuous Shido-kan training and Beikoku membership after Godan.

**7th Degree Red/White Belt - Nanadan:** Rokudan holder above 40 years old with approval of the dojo head, more than 7 years of continuous Shido-kan training and Beikoku membership after Rokudan.

**8th Degree Red/White Belt - Hachidan:** Nanadan holder above 50 years old with approval of the dojo head, more than 8 years of continuous Shido-kan training and Beikoku membership after Nanadan.

**9th Degree Red Belt - Kyudan:** Entrusted to the Okinawa Shorin Ryu Karate Do Board of Directors.

**10th Degree Red Belt - Jyudan:** Entrusted to the Okinawa Shorin Ryu Karate Do Board of Directors.

The minimum age for adult ranking Shodan is fourteen years old.

The upper Dan degree for high school students is Nidan. The upper limit kyu degree for elementary division (age 12 years of age and under) is 1st Kyu in accordance with The Okinawa Shorin Ryu Karate Do Association Regulations.

For further details on Dan grading information and grading fees please contact your head Sensei.



[www.grkarate.com](http://www.grkarate.com)