SHIDO-KAN SHORIN RYU
TRADITIONAL OKINAWA KARATE-DO

REQUIREMENTS
MANUAL

NAME

Member of the
Beikoku Shido-kan
Karate-do Association
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.

For more information go to www.grkarate.com

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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.

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.”
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.

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. Grading fees must be submitted the day of and before the test with test grading sheet.

Brown Belts - 3rd Kyu 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.

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).

Note: Kyu belt members may acquire a Beikoku membership at any time. See Sensei for details.

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

<table>
<thead>
<tr>
<th>Kyu</th>
<th>Belt</th>
<th>No. of Classes</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>White belt 1st stripe</td>
<td>6</td>
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<tr>
<td></td>
<td>White belt 2nd stripe</td>
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<td>10th</td>
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<td>10</td>
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<tr>
<td>9th</td>
<td>Yellow Belt</td>
<td>Minimum 30</td>
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<tr>
<td></td>
<td>Yellow belt 1st stripe</td>
<td>12</td>
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<tr>
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<td>12</td>
</tr>
<tr>
<td></td>
<td>Yellow belt 3rd stripe</td>
<td>12</td>
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<tr>
<td>8th</td>
<td>Orange Belt</td>
<td>Minimum 36</td>
</tr>
<tr>
<td></td>
<td>Orange belt 1st stripe</td>
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<tr>
<td>6th</td>
<td>Green Belt</td>
<td>Minimum 42</td>
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<td></td>
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<tr>
<td></td>
<td>Green belt 3rd stripe</td>
<td>14</td>
</tr>
<tr>
<td>5th</td>
<td>Green Belt (black tip)</td>
<td>Minimum 42</td>
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<tr>
<td></td>
<td>Green belt 1st stripe (black tip)</td>
<td>14</td>
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<tr>
<td></td>
<td>Green belt 2nd stripe (black tip)</td>
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<tr>
<td>4th</td>
<td>Green Belt (black middle)</td>
<td>Minimum 42</td>
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<td></td>
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<td>3rd</td>
<td>Brown Belt</td>
<td>Minimum 42</td>
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<tr>
<td></td>
<td>Brown belt 1st stripe</td>
<td>14</td>
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<tr>
<td></td>
<td>Brown belt 2nd stripe</td>
<td>14</td>
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<tr>
<td></td>
<td>Brown belt 3rd stripe</td>
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<td>2nd</td>
<td>Brown Belt (black tip)</td>
<td>Minimum 42</td>
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<tr>
<td></td>
<td>Brown belt 1st stripe (black tip)</td>
<td>20</td>
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<tr>
<td></td>
<td>Brown belt 2nd stripe (black tip)</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Brown belt (black middle)</td>
<td>Minimum 42</td>
</tr>
</tbody>
</table>
To achieve

**10th Kyu Purple**

**White belt 1st Stripe - After 6 classes**
KATA - Kihon ichidan  
DRILL - Chart 1, Drill 1

**White belt 2nd stripe - After 7 classes**
KATA - Kihon nidan  
DRILL - Chart 1, Drill 2 & 3

**White belt 3rd stripe - After 7 classes**
KATA - Kihon sandan  
DRILL - Chart 1, Drill 4 & 5  
KUMITE - Number 1

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**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

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

*Chinese Proverb*
To achieve

**9th Kyu Yellow**

Purple Belt 1st stripe - After 10 classes
KATA - Kihon yondan
DRILL - Chart 1, Drill 6

Purple Belt 2nd stripe - After 10 classes
KATA - Kihon godan
DRILL - Chart 1, Drill 7
KUMITE - Number 2

Purple Belt 3rd stripe - After 10 classes
KATA - Naihanshi shodan
DRILL - Chart 1, Drill 8

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

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**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

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

*Morihei Ueshiba*
To achieve

**8th Kyu Orange**

**Yellow 1st stripe - After 12 classes**
KATA - Naihanshi shodan oyo bunkai
DRILL - Chart 1, Drill 9

**Yellow 2nd stripe - After 12 classes**
OYO BUNKAI - Naihanshi shodan
DRILL - Chart 1, Drill 10

**Yellow 3rd stripe - After 12 classes**
KATA - Pinan shodan
DRILL - Chart 1, Drill 11
KUMITE - Number 3

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

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**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

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

*Master Chotoku Kyan*
To achieve

**7th Kyu Blue**

**Orange 1st stripe - After 12 classes**
KATA - Pinan shodan oyo bunkai
DRILL - Chart 2, Drill 1

**Orange 2nd stripe - After 12 classes**
OYO BUNKAI - Pinan shodan
DRILL - Chart 2, Drill 2

**Orange 3rd stripe - After 12 classes**
KATA - Pinan nidan
BUNKAI - Pinan shodan
KUMITE - Number 4

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

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**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

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*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*
To achieve

**6th Kyu Green**

**Blue 1st stripe - After 14 classes**
KATA - Pinan sandan  
DRILL - Chart 2, Drill 3

**Blue 2nd stripe - After 14 classes**
DRILL - Chart 2, Drill 4  
BUNKAI - Pinan sandan

**Blue 3rd stripe - After 14 classes**
KATA - Pinan yondan  
KUMITE - 5

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

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**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)*

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

*Unknown*
To achieve 5th Kyu Green (black tip)

Green 1st stripe - After 14 classes
KATA - Pinan yondan oyo bunkai
DRILL - Chart 2, Drill 5

Green 2nd stripe - After 14 classes
OYO BUNKAI - Pinan yondan
DRILL - Chart 2, Drill 6

Green 3rd stripe - After 14 classes
BUNKAI - Pinan yondan
KUMITE - Number 6

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

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

Karate begins and ends with respect.

Master Anko Itosu
To achieve

**4th kyu Green Belt (black mid)**

Green Belt (black tip) 1st stripe
After 14 classes
KATA - Pinan godan
KUMITE - Number 7

Green Belt (black tip) 2nd stripe
After 14 classes
KATA - Itosu Passai (sho)
KUMITE - Number 8

Green Belt (black tip) 3rd stripe
After 14 classes
KATA - Itosu Passai (sho) bunkai
BUNKAI - Itosu Passai (sho)

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

**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

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

*Yoda*
To achieve

3rd kyu Brown Belt

Green Belt (black middle) 1st stripe
After 14 classes
KATA - Naihanshi nidan
DRILL - Chart 3, Drill 1 & 2

Green Belt (black middle) 2nd stripe
After 14 classes
KATA - Kusanku sho
DRILL - Chart 3, Drill 3
KUMITE - 9

Green Belt (black middle) 3rd stripe
After 14 classes
KATA - Naihanshi sandan
DRILL - Chart 3, Drill 4
BO KATA - Ufugusuku

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

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

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

Unknown
To achieve

2nd kyu Brown Belt (black tip)

**Brown Belt 1st stripe**
*After 14 classes*
- KATA - Matsumura Passai (dai)
- KUMITE - Number 10

**Brown Belt 2nd stripe**
*After 14 classes*
- KUMITE - Numbers 11, 12

**Brown Belt 3rd stripe**
*After 14 classes*
- KATA - Kusanku dai
- KUMITE - Number 13
- BO KATA - Shushi no kon sho

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

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**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

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*Daniel San! Daniel San!*

*It ok lose to opponent, must not lose to fear.*

*Mr. Miyagi*

*The Karate Kid*
To achieve

**1st kyu Brown (black middle)**

Brown Belt (black tip) 1st stripe
After 20 classes
KUMITE - 14 & 15

Brown Belt (black tip) 2nd stripe
After 20 classes
KATA - Chinto
KUMITE - 16
BO KATA - Choun no kun sho

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

**Shodan (1st Dan)**

Kata - Gojushiho
BUNKAI - Naikenshi nidan
KUMITE - 17 & 18

**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

**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.
Dan Grading Qualifications

Dan Degree Minimum Years of Training and Requirements

**Shodan:** More than 3 years of Shido-kan training

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

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

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

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

**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.

**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.

**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.

**Kyudan:** Entrusted to the Okinawa Shorin Ryu Karate Do Board of Directors.

**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.