



Shorinjiryu Karate Senpai Program
10 - 14 year olds

INTERMEDIATE TESTING CHART

Skill	Orange Black	Green Black	Blue Black
Stripe #1 DEXTERITY	Must perform stage 2 Escape forms 1-5 Beg Grading como's 1-8 All basics form each range with proper foot work	Blocks: perry, snap backs, duckunders Strikes: Ridge hand, elbows, knees, superman punch Kicks: jumping kicks timing - go no sen , sen no sen, tye no sen, sen sen no sen	4 x elbows 3 strike comb's using duck under Super man punch Jump front / twist round Sen sen no sen timing
Stripe #1 REACTION 4 x ground takedowns 4 x standing takedowns Front choke defense X 3 - duck under - Step back - Double over hook, hip throw Front bear hug defense x 2 - (under arms) push face and knee strike - (over arms) hip throw	Stripe 1 4 x ground takedowns Stripe 2 4 x standing takedowns Stripe 3 - Front choke defense X 3 - duck under - Step back - Double over hook, hip throw Stripe 4 Front bear hug defense x 2 - (under arms) push face and knee strike - (over arms) hip throw	Ground defences 1-5 Outer reaping throw Inner reaping throw Hip throw Hip obstruction throw -	Wall defences 1-5 Standing rear naked choke defense - outer reaping throw Rear bear hug defense x2 - (under arms) sit & push on hands, step behind & throw - (over arms) Reach through ankle pick
Stripe #2 VERSATILITY	Demonstrate intermediate techniques w/ 3, 2 move combos called by instructor	Demonstrate intermediate techniques w/ 3, 3 move combos called by instructor	Demonstrate techniques in 3-move creative combinations
Stripe #2 MOMENTUM	3 timings with straight techniques	3 timings with circular techniques	Free pad work using 3 timings
Stripe #3 PRECISION	Hein Ni Kata Renshu Kumite Ichi	Nijushiho Kata Nijushiho waza Kumite	Nijushiho Kata Rvs Gokyono te waza
Stripe #3 INSTINCT	Pad Work / Sparring round 2 x 3 min	Pad work/ Sparring Rounds 2 x 4 min	Pad work/ Sparring Rounds 2 x 5 min

Stripe #4 STRENGTH	Jumping Jacks - 45 Crunches - 45 Squats - 45 Push ups - 35 Burpees - 40 Leg Raises - 45 Calf Raises - 45	Jumping Jacks - 55 Crunches - 55 Squats - 55 Push ups - 50 Burpees - 50 Leg Raises - 55 Calf Raises - 55	jumping Jacks - 65 Crunches - 65 Squats - 65 Push ups - 60 Burpees - 65 Leg Raises - 65 Calf Raises - 65
Stripe #4 VISION	R.1 Must answer a question regarding Loyalty	R.2 Must answer a question regarding Pride	R.3 Must answer a question regarding Confidence
Additional grading curriculum	<u>Terms to know</u> Shomen ni rei - Bow to Shomen Mokuso - Meditation Sensei ni rei - Bow to the Instructor Mokuso Yame - End meditation Kiso ni rei - Bow to the founder of our style Otogai ni rei - Bow to fellow students Shorinji -ryu - Shaolin style Karate -do - Empty hand way - Proper line up and formal bow in procedure	Kaiso - Kori Hisaataka (founder of style of Shorinji ryu) Hansei - Review Dojo - Training hall Randori - Free practice Ryu - Style Karate-do Way of the empty hand Sho-dan First degree Black Belt Ni-Dan - Second Degree Black Belt	Sensei - One who came before (black belt 1st, 2nd & 3rd degree) Tashi - The helper - 4th degree black belt Renshi - The polisher - 5th & 6th degree black belt Kyoshi - The teacher - 7th degree black belt Hanshi - The Master teacher - 8th, 9th & 10th degree black belt Shinzen Kyokai - Organization of friends (the association we belong to)