

SHIZENRYU KARATE

BELT PASSPORT

Structure > Discipline > Measure / Accountability = Growth

This passport belongs to

Club / Dojo

Date started

*My sensei signs and dates each line as I master it.
When a whole belt page is signed off, I am ready to grade.*

MY GRADING RECORD

Belt / Grade	Date achieved	Sensei
Red Belt · 9Th Kyu		
Orange Belt · 8Th Kyu		
Yellow Belt · 7Th Kyu		
Green Belt · 6Th Kyu		
Blue Belt · 5Th Kyu		
Purple Belt · 4Th Kyu		
Brown Belt · 3Rd Kyu		
Brown Belt · 2Nd Kyu		
Brown Belt · 1St Kyu		
Black Belt · Shodan		
Black Belt · Nidan		
Black Belt · Sandan		

THE MAXIMS OF SHIZENRYU

One maxim lives at the top of each belt page. Learn it, question it, test it in practice — by black belt they should all feel like your own.

RED BELT · 9TH KYU

"Full mastery of one technique is better than the incomplete mastery of two."

STRETCH		
Part 1 Our normal class stretch		
MARA		
Mara 1 to 4 Practice pulling back and also mae geri to change sides		
KIHON		
jun-zuki Basic front punch		
gyaku-zuki Basic reverse punch		
uchi-uke Practice using front hand and back hand		
mae-geri Basic front kick off rear leg (ayumi ashi)		
uchi-uke >> gyaku-zuki Basic inside parry, reverse punch		
KIHON KUMITE		
Kumite 1 (OS) jun-zuki >>> uchi-uke >> gyaku-zuki		
SANCHIN		
Opening & closing (adults over 16) Gassho - dantian, as above, so below, split into a duality, return to one		
HANSHA KUMITE		
jun-zuki > reflex uchi-uke (adults over 16) Trap hand, punch to cause a reflex parry from the non-trapped hand		
KAKIE		
Walking - linear (adults over 16) Connect, bed in, rotating palms. Willow leaf palm		

Column guide: Sensei signs · Date

ORANGE BELT · 8TH KYU

"Everything moves from the hara."

STRETCH		
Part 1, 2 Part 2 = neck, wrists, ankles, waist, shoulders		
MARA		
Mara 1 to 6 Practice pulling back and also mae geri to change sides		
KIHON		
gedan-uke >> gyaku-zuki Lower parry, reverse punch		
yoru ashi - jun-zuki Front foot moves forward - front punch		
tsugi ashi >> mae-geri Slide back foot to front foot - front kick		
KIHON KUMITE		
Kumite 2 (OS) mae-geri >>> gedan-uke >> gyaku-zuki		
SANCHIN		
Footwork - 3 steps forward & back (adults over 16) Use body to open and close the gates (knees, ankles & feet)		
HANSHA KUMITE		
jun-zuki > reflex uchi-uke > uraken (adults over 16) Trap and punch to cause reflex parry. Trap the parry and backfist		
KAKIE		
Walking - circle stepping (adults over 16) Add circle steps - cat, cross, cat. Inside and outside		

Column guide: Sensei signs · Date

YELLOW BELT · 7TH KYU

"Footwork and position are a major part of the battle in unbalancing and controlling an opponent who is committed to attack."

STRETCH		
Part 1, 2, 3 3 = standing one-leg balance stretch		
MARA		
Mara 1 to 8		
KIHON		
nagashi soto-uke >> gyaku-zuki Basic training for Kumite 3		
ayumi ashi >> jun-zuki Step-through front punch		
yorì ashi - gyaku-zuki Front foot moves first		
mawashi-geri Roundhouse kick off the rear leg (ayumi ashi), slip to the side (nagashi)		
Sonaba mae-geri Kick on the spot - simple lift and kick in range		
sekui-uke >> gyaku-zuki Inside lower parry, reverse punch		
KIHON KUMITE		
Kumite 3 (SS) jun-zuki >>> nagashi soto-uke >> gyaku-zuki		
Kumite 4 (SS) mae-geri >>> sekui-uke >> gyaku-zuki		
SANCHIN		
Sanchin section 1 (adults over 16) Single limb coordination - isometric & isotonic		
HANSHA KUMITE		
uraken > reflex soto-uke > gyaku-zuki (adults over 16) Use backfist to cause reflex parry - reverse punch		
KAKIE		
Walking - bamboo step (adults over 16) Keep steady connection. Partner should feel the different intention		

Column guide: Sensei signs · Date

GREEN BELT · 6TH KYU

"Always deflect, parry, cover, and trap. These defences are superior to direct blocks."

STRETCH		
Part 1, 2, 3, 4 4 = warrior and drop		
MARA		
Mara 1 to 10		
KIHON		
Nagashi mawashi-geri Chudan, gedan		
Yoko-geri Side kick off the rear leg (ayumi ashi), slip to the side (nagashi)		
Nagashi morote-uke Slipping and using double arm (low & high) shield		
KIHON KUMITE		
Kumite 5 (OS) mawashi-geri >>> nagashi morote-uke >> uraken >> gyaku-zuki		
Kumite 6 (SS) gedan mawashi-geri >>> shin block >> jun-zuki >> gyaku-zuki		
SANCHIN		
Sanchin section 2 (adults over 16) Add pelvic swivel. Can use floor to feel flat back and S back		
HANSHA KUMITE		
gyaku-zuki > reflex uke > kagi-zuki (adults over 16) Reverse punch to cause reflex parry - hook punch		
KAKIE		
Fixed push (adults over 16) The core status quo. Get this right and the rest is much easier		

Column guide: Sensei signs · Date

BLUE BELT · 5TH KYU

"Openings are felt with contact, not seen with the eye."

STRETCH		
Part 1, 2, 3, 4, 5		
MARA		
Mara 1 to 12		
SANCHIN		
Sanchin opening & closing		
KIHON		
Uke waza: uchi, soto, jodan, gedan, nagashi, sekui A flow drill for parrying and deflecting		
Mae-geri - ayumi ashi, tsugi ashi, sonaba Ma-ai (distance) to manage kicking range		
Uraken - tate > yoko > ushiro Understanding waza at various angles		
KIHON KUMITE		
Kumite 7 (SS) kagi-zuki >>> mawashi-uke >> kagi-zuki		
Kumite 8 (SS) kagi-zuki >>> jodan-uke >> lock arm >> teisho & takedown		
JIYU KUMITE		
Free flow exchange		
HANSHA KUMITE		
jun-zuki > reflex uchi-uke Trap hand, punch to cause a reflex parry from the non-trapped hand		
KAKIE		
Solo walking - linear		
SANCHIN		
Sanchin section 3 (adults over 16) Samsau - coordinate 3 limbs at the same time. Clearly defined movement		
HANSHA KUMITE		
kagi-zuki > age-empi (adults over 16) Hook to create uke reaction > split arms to penetrate centre		
KAKIE		

BLUE BELT · 5TH KYU

"Openings are felt with contact, not seen with the eye."

1st Change (adults over 16) Challenge the wrist at the centreline		
2nd Change (adults over 16) Challenge the elbow at the centreline		

Column guide: Sensei signs · Date

PURPLE BELT · 4TH KYU

"Combinations occur as a response to an opponent's actions, not because they are a favourite set of techniques."

STRETCH		
Complete		
MARA		
Mara complete		
SANCHIN		
Footwork - 3 steps forward & back Use body to open and close the gates (knees, ankles & feet)		
KIHON		
kaki-uke >> mae-geri >> gyaku-zuki Hook hand to catch at the wrist		
Tobikomi-zuki Snap punch from a relaxed state		
Mawashi-geri - ayumi ashi, tsugi ashi, sonaba Ma-ai (distance) to manage kicking range		
KIHON KUMITE		
Kumite 9 (SS) jun-zuki >>> kaki-uke >> mae-geri >> gyaku-zuki		
Kumite 10 (OS) jun-zuki >>> sen no sen - nagashi-uke (rear hand) >> tobikomi-zuki		
JIYU KUMITE		
Free flow exchange		
HANSHA KUMITE		
jun-zuki > reflex uchi-uke > uraken Trap and punch to cause reflex parry. Trap the parry and backfist		
KAKIE		
Solo walking - circle stepping Add circle steps - cat, cross, cat. Inside and outside		
SANCHIN		
Sanchin complete with 3 ratios of breathing (adults over 16) Clear timing to match the breath ratios		
HANSHA KUMITE		
age-empi > mawashi-empi (adults over 16) Split guard to rising elbow to create uke reaction > trap and round elbow		

PURPLE BELT · 4TH KYU

"Combinations occur as a response to an opponent's actions, not because they are a favourite set of techniques."

KAKIE		
3rd Change (adults over 16) Challenge the outside wrist at the centreline		

Column guide: Sensei signs · Date

BROWN BELT · 3RD KYU

"Seek control of your opponent's posture as a prerequisite to a counterattack."

STRETCH		
Complete		
MARA		
Mara complete		
SANCHIN		
Sanchin section 1		
KIHON		
Safe rolling		
Take down into guard		
Jiu Jitsu (JJ) - escape the mount		
KIHON KUMITE		
Kumite 11 (SS) Crossed hand low grip (sword) >>> underhand grip & takedown		
Kumite 12 (SS) Crossed hand grip (scabbard) >>> overhand grip & takedown		
JIYU KUMITE		
Free flow exchange		
HANSHA KUMITE		
uraken > reflex soto-uke > gyaku-zuki		
KAKIE (CHILD)		
Fixed push (juniors)		
SANCHIN		
Sanchin complete with 3 ratios of breathing (adults over 16)		
HANSHA KUMITE		
mawashi-empi (reflex uke) > jun-zuki (adults over 16)		
KAKIE		
Intrusion (adults over 16)		
Circle step (adults over 16)		

Column guide: Sensei signs · Date

BROWN BELT · 2ND KYU

"Control and strike the opponent at the same time."

STRETCH		
Complete		
MARA		
Mara complete Mastery over subtle body torsion		
SANCHIN		
Sanchin section 2		
KIHON		
Jiu Jitsu (JJ) - Module 1		
Jiu Jitsu (JJ) - Module 2		
Jiu Jitsu (JJ) - Module 3		
KIHON KUMITE		
Kumite 1 to 12 Show variations (Ohyo Kumite)		
JIYU KUMITE		
Free flow exchange		
HANSHA KUMITE		
Complete Mara reflex flow drill		
KAKIE (CHILD)		
1st Change (juniors)		
ROKUSHU		
Complete kata (adults over 16)		
KAKIE		
Double hand push (adults over 16)		
Double hand push with footwork (adults over 16)		

Column guide: Sensei signs · Date

BROWN BELT · 1ST KYU

"Once the kicking distance is closed, keep it closed."

STRETCH		
Complete		
KATA		
Mara complete		
Sanchin section 3		
KIHON		
Jiu Jitsu (JJ) - Module 4		
Jiu Jitsu (JJ) - Module 5		
Jiu Jitsu (JJ) - Module 6		
KIHON KUMITE		
Kumite 1 to 12 Show variations (Ohyo Kumite)		
JIYU KUMITE		
Free flow exchange		
HANSHA KUMITE		
Complete Mara reflex flow drill		
KAKIE (CHILD)		
2nd Change (juniors)		
ROKUSHU		
Complete kata (adults over 16)		
KAKIE		
Double hand push with footwork (adults over 16)		
Sanchin grip releases (adults over 16)		
Crane spreads its wings (adults over 16)		

Column guide: Sensei signs · Date

BLACK BELT · SHODAN

"In defence, be like the dragonfly that perches on the stick raised to hit it."

STRETCH		
Complete (juniors) Junior Shodan (Mon grades) leading to Nidan		
MARA		
Mara complete (juniors)		
SANCHIN		
Sanchin complete with 3 breath ratios (juniors)		
KUMITE		
Jiyu Kumite (juniors)		
Jiu Jitsu (JJ) rolling (free play) (juniors)		
KIHON KUMITE		
All 12 Kumite (juniors) Showing variations of all the way in and all the way out		
HANSHA KUMITE		
Complete Mara reflex flow drill (juniors)		
KAKIE (CHILD)		
Walking drills, fixed push and 3 changes (juniors)		
SHODAN A - SANCHIN		
Sanchin complete with 3 ratios of breathing (juniors) Mon tag stage A - catching up to adult syllabus		
SHODAN A - ROKUSHU		
Complete kata (juniors)		
SHODAN A - NAIFUANCHIN		
Section 1 (juniors)		
SHODAN A - KAKIE		
Crane spreads its wings (juniors)		
Snake vs Tiger (juniors)		
Snake vs Standing Dragon (juniors)		
MARA		
Improved movement and transitions (adults over 16)		
SANCHIN		

BLACK BELT · SHODAN

"In defence, be like the dragonfly that perches on the stick raised to hit it."

Improved movement and transitions (adults over 16)		
ROKUSHU		
Complete kata (adults over 16)		
HANSHA KUMITE		
mawashi-empi (reflex uke) > jun-zuki (adults over 16)		
Complete Mara reflex flow drill (adults over 16)		
KAKIE		
Intrusion (adults over 16)		
Circle step (adults over 16)		
Double hand push (adults over 16)		
Double hand push with footwork (adults over 16)		
Sanchin grip releases (adults over 16)		
Crane spreads its wings (adults over 16)		
Crane circles its wings (adults over 16)		
Snake vs Tiger (adults over 16)		
Snake vs Standing Dragon (adults over 16)		
THEORY		
Submit a defined essay		

Column guide: Sensei signs · Date

BLACK BELT · NIDAN

"Dodging, ducking, and weaving require a high degree of physical stamina and are unnecessary if the opponent's attacking limbs are being properly controlled."

STRETCH		
Complete		
KATA		
Sanchin, Mara, Rokushu, Naifuanchin		
KIHON KUMITE		
Refined movements Subtle footwork and distance management. Variations, takedowns and Jiu Jitsu (JJ)		
JIU JITSU (JJ)		
Understanding the progression of the modules		
JIYU KUMITE		
Fluid, free play		
KAKIE		
Crane circles and thrusts its wings		
Contra grips - laying dragon, leopard, crane Rokushu applications		
NFC 1, sword grip: single hand		
NFC 1, scabbard grip: single hand		
THEORY		
Submit a defined essay		

Column guide: Sensei signs · Date

BLACK BELT · SANDAN

"Structure > Discipline > Measure / Accountability = Growth"

STRETCH		
Complete		
KATA		
Sanchin, Mara, Rokushu, Naifuanchin		
KIHON KUMITE		
Refined movements Subtle footwork and distance management. Variations, takedowns and Jiu Jitsu (JJ)		
JIYU KUMITE		
Fluid, free play		
KAKIE		
Fluid spontaneous applications interplayed from all Kata		
THEORY		
Submit a defined essay		

Column guide: Sensei signs · Date

QUICK TERMINOLOGY

BEGINNER (RED & ORANGE)

Karate empty hand · **Dojo** training hall · **Sensei** teacher — 'one who has gone before' · **Kihon** foundation / basic · **Kumite** meeting of hands · **Kihon Kumite** basic partner work · **Jun-zuki** front punch · **Gyaku-zuki** reverse punch · **Uchi-uke** inside parry · **Gedan-uke** lower parry · **Mae-geri** front kick · **Yori ashi** front foot slides first · **Tsugi ashi** back foot slides first

INTERMEDIATE (YELLOW & GREEN)

Ayumi ashi step through to opposite side · **Sonaba** on the spot · **Nagashi** slipping offline · **Mawashi-geri** roundhouse kick · **Yoko-geri** side kick · **Soto-uke** outside parry · **Sekui-uke** inside lower parry · **Morote-uke** double-arm shield · **Uraken** backfist · **Uke** to receive · **Jodan** upper level · **Chudan** middle level · **Gedan** lower level

ADVANCED (BLUE & PURPLE)

Kagi-zuki hook punch · **Tobikomi-zuki** snap punch from a relaxed state · **Teisho** palm heel · **Age-empi** rising elbow · **Mawashi-empi** circular elbow · **Kaki-uke** hook-hand parry · **Mawashi-uke** circular parry · **Ma-ai** distance / range · **Sen no sen** intercepting as the attack begins · **Jiyu Kumite** free play · **Hansha Kumite** contact reflex partner work · **Kakie** listening hands / push hands · **Tenti** moving · **Tentai** twisting · **Tengi** attacking

BROWN & BLACK

JJ jiu jitsu — the grappling modules · **Sanchin** core kata — sanchin boxing · **Rokushu** kata — grip releasing · **Naifuanchin** kata — grappling · **Ohyo Kumite** variations on the kumite · **Tui Shou / Chi Sau** pushing hands / sticking hands · **Hara** the centre — 'everything moves from the hara' · **Gassho** palms together — salutation · **Kyu** student grade · **Dan** black-belt degree · **Mon** junior tag grades · **Shodan** first degree — 'first step' · **Nidan** second degree · **Sandan** third degree · **Shihan** master of instructors (4th dan+) · **Renshi** polished / trained instructor · **Kyoshi** teacher / expert · **Hanshi** model / grandmaster