



Zanshin Rye Dojo - Traditional Okinawan Goju Ryu syllabus.

Beginner 10th Kyu white belt to 6th Kyu Green Belt

1. **Tenshin O Jyu:** Basic 10 angular movements in cat stance. (9th Kyu)
2. **Basic Strikes & Blocks:** Mechanics of Various strikes and blocks. 9th Kyu)
3. **Eight Second Kata:** Blocks, strikes kicks done in 8 seconds. (9th Kyu)
4. **Basic Stances:** Stances used in Karate are quite varied. (9th Kyu)
5. **Kata Gekisai Dai:** Basic kata with long stances developed by Miyagi. (8th Kyu)
6. **Kata Gekisai Sho:** Second basic kata with short stances. (7th Kyu)
7. **Kata Sanchin:** Fundamental Goju Ryu kata & muscle contraction. (6th Kyu)
8. **Bunkai Gekisai Dai:** Self-defense techniques from the kata. (8th Kyu)
9. **Bunkai Gekisai Sho:** Self defence techniques from the kata. (7th Kyu)
10. **Belt Tying & Gi Folding:** How to tie your karate belt & fold the Gi. (9th Kyu)

7th Kyu green belt to 3rd Kyu Brown Belt

11. **Kata Tensho:** Okinawan Kata by Miyagi to complete Sanchin. (5th Kyu)
12. **Kata Saifa:** Many escapes techniques & body shifting. (4th Kyu)
13. **Kata Nifunchi Shodan:** Shorin Ryu kata in-fighting techniques. (3rd Kyu)

- 14. Bunkai Tensho:** Uniquely Okinawan techniques developed by Miyagi. (5th Kyu)
- 15. Bunkai Saifa:** Self defence techniques from the kata. (4th Kyu)
- 16. Bunkai Nifunchi Shodan:** Self defence techniques from the kata. (3rd Kyu)
- 17. Basic Sparring Sets 1 & 2:** Specific techniques for kumite & self defence.

2nd Kyu brown belt to Shodan Ho black Belt

- 18. Kata Sanseru:** Pressure points, Joint attacks & defense against kicks. (2nd Kyu)
- 19. Basic Sparring Sets 3 & 4:** Specific techniques for kumite & self defence.
- 20. Sebaki fighting / sparring routines:** Te Sabaki, Ken sabaki, Keri Sabaki, Ashi sebaki.
- 21. San Kako Tenshin:** Angular movements at 45 degrees offline of the attack.
- 22. Kata Seiunchin 1:** Techniques to off balance throw, grapple when grabbed (Sho Ho)
- 23. Bunkai Sanseru:** Self defence techniques from the kata. (2nd Kyu)
- 24. Bunkai Seiunchin 1:** Self defence techniques from the kata. (Shodan Ho)

1st Dan / Shodan Full black Belt

- 25. Kata Sepai:** Attacks and defenses to pressure points. (Shodan)
- 26. Bunkai Sepai:** Self defence techniques from the kata. (Shodan)
- 27. Kata Seiunchin 2:** Another version of Seiunchin 1. (Shodan)
- 28. Bunkai Seiunchin 2:** Self defence techniques from the kata. (Shodan)

2nd Dan / Nidan Black Belt 2 gold bars

- 29. **Kata Happoren:** White crane style kata originated from Chinese martial arts. (Nidan)
 - 30. **Kata Nifanchi Nidan:** Shorin Ryu kata, in-fighting techniques. (Nidan)
 - 31. **Bunkai Nifanchi Nidan:** Self defence techniques from the kata. (Nidan)
 - 32. **Kata Shishochin:** Manipulation and locking techniques. Miyagi favorite kata. (Nidan)
 - 33. **Kata Sesan:** 8 defensive & 5 attacking techniques symbolizing hard & soft. (Nidan)
 - 34. **Bunkai Sesan:** Self defence techniques from the kata. (Nida)
 - 35. **Ten Nage-Waza – Jupon:** 10 locks / holds and throw techniques.
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36. The following are required for 3rd Dan black belt 3 gold bars:

Kata's Kururunfa & Bunkai - Nifanchi Sandan & Bunkai - Suparempai & Bunkai

37. The following are required for 4th Dan black belt 4 gold bars:

Kata's Hakfa - Unsu Kata - Sochin Kata.

***Kind Regards, Sensei John Tarascio.
Founder & Head Instructor.***

Zanshin Ryu Karate.

Traditional Karate & Self Defence Techniques From ANCIENT MASTERS To YOU.

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Zanshin Ryu Dojo grading levels & belt colour system

10th kyu	White Belt
9th kyu	Blue Belt
8th kyu	Blue Belt with one green stripe on each end
7th kyu	Blue Belt with two green stripes on each end
6th kyu	Green Belt
5th kyu	Green Belt with one brown strip on each end
4th kyu	Green Belt with two brown stripes on each end
3rd kyu	Brown Belt
2nd kyu	Brown Belt & one Black stripe
1st kyu	Brown Belt & two Black stripes on each end
Shodan Ho	Black Belt & one white stripe (Probation for 12 Month's)
Black belt junior	Black belt with thin white stripe until 18 years of age
Shodan 1 st Dan	Black belt & one gold stripe
Nidan 2 nd Dan	Black Belt & 2 gold stripes
Sandan 3 rd Dan	Black Belt & 3 gold stripes
Yondan 4 th Dan	Black Belt & 4 gold stripes



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