

Master *Kenwa Mabuni* formalized five different methods by which a student may defend themselves. Two of the three focus solely on technique, while the other three pertain to body movement. Students should keep these five principles in mind when practicing *kata*, working on *bunkai*, or engaging in *kumite*.

Rakka: Like a falling flower

To block with such force that if the technique were applied to the trunk of a tree it would lose all of its flowers. A block should be executed so decisively that it not only halts an opponent's attack but utterly defeats it with a single technique.

Ryusui: Like flowing water

To flow with your opponents movements, using them against him and as an aid to your defense. Respond to your opponent using fluid movement.

Kusshin: "Darting out and in." Control of an attack that uses body movement originating in the knees. Keep your spine straight and use your knees to control your height, giving you balance and the strength of your legs so that little effort is required to control the attack. Springing. A reflexive, darting "out and in" kind of body shifting from any angle.

Tenshin: *Tai sabaki*, (rolling the body by stepping out)

Essentially avoiding your opponent's attack using body movement. Stepping out in all directions.

Hangeki: Counter attack

When the need arises, respond to your opponents attacks with decisive, powerful counter-attacks. By utilizing the first four principles you may never need to implement the fifth, but if required you should apply your whole mind and body to the counter.

Tachi waza

Neko ashi dachi
 Heisoku dachi
 Zenkutsu dachi
 Kokutsu dachi
 Shiko dachi
 Namiheiko dachi

Uchi waza

Yonhon nukite
 Oi zuki
 Hiji ate
 Uraken

Uke waza

Yoko uke
 Gedan barai
 Yoko barai
 Hiji uke

1. Pivot left to neko ashi dachi with yoko uke.
2. Step up to heisoku dachi with yoko uke and gedan barai at the same time.
3. Immediately switch hands with another yoko uke and gedan barai at the same time.
4. Step behind you and turn the other way into neko ashi dachi with yoko uke.
5. Step up to heisoku dachi with yoko uke and gedan barai at the same time.
6. Immediately switch hands with another yoko uke and gedan barai at the same time.
7. Left foot steps left to neko ashi dachi with yoko uke.
8. Step to zenkutsu dachi with chudan yonhon nukite.
9. Twist into kokutsu dachi, lowering the front hand.
10. Spin backwards stepping to the front into shiko dachi with yoko barai.
11. Step to hanzenkutsu dachi with chudan oi zuki. **KIAI!**
12. Bring the left foot to the right, turning to look behind you in heisoku dachi. Bring both fists to your hips, elbows out, palms facing the rear.
13. Step forward with the right foot to shiko dachi with hiji uke and jodan mawashi uraken.
14. Step to shiko dachi with hiji uke and jodan mawashi uraken.
15. Step to shiko dachi with hiji uke and yoko barai.
16. Step to hanzenkutsu dachi with chudan oi zuki. **KIAI!**
17. Bring the right foot up into namiheiko dachi.
18. Spin on the right foot into hachiji dachi to look the other way. Left ushiro hiji ate, right elbow up in front of your chest, fist by your left shoulder.
19. Look to the right, sink, slide right standing up into hachiji dachi, switch your hands and arms.
 (Right ushiro hiji ate, left elbow up in front of your chest, fist by your right shoulder)
20. Slide back to the left into hachiji dachi.
21. Look to the front – yame.

Minimum two months since last test

Properly execute standing and walking basics

Standing Basics

(From *hachiji dachi*)

Choko zuki, age uke, uchi uke, yoko uke, gedan barai, mae geri, yoko geri, ushiro geri, mawashi geri

Walking Basics

→ *jodan mawashi uraken, gyaku zuki (zenkutsu dachi)*

← *gedan barai, gyaku zuki (zenkutsu dachi)*

→ *chudan mae geri, gyaku zuki (zenkutsu dachi)*

← *age uke, gyaku zuki (zenkutsu dachi)*

→ *chudan mawashi geri, gyaku zuki (zenkutsu dachi)*

← *uchi uke, gyaku zuki (zenkutsu dachi)*

→ *chudan yoko geri, gyaku zuki (zenkutsu dachi)*

← *yoko uke, gyaku zuki (zenkutsu dachi)*

→ *yoko uke (neko ashi dachi)*

← *shuto uke (neko ashi dachi)*

→ *yoko barai (shiko dachi)* (spinning, feet on same line)

← *gedan barai (shiko dachi)* (feet on same line)

Properly perform *Tachi Kata Dai Ichi*

Properly perform *Tachi Kata Dai Ni*

Step forward to *neko ashi dachi* with *yoko uke*

Step back with the back foot to *shiko dachi* with *gedan barai*

Shift to *zenkutsu dachi* with *chudan gyaku zuki*

Properly execute *Pinan Nidan* with two *bunkai* and *ohyo* different from previous

Properly execute *Pinan Sandan* with two *bunkai*

Submit a paper briefly discussing the three major styles of *Karate-do* outside of *Shito-Ryu* and their founders.

JAPAN KARATE-DO ORGANIZATION

Promotion Application

All fields are required

Name:	Age:	Start date (top right corner of card):
Present rank: Blue belt	Date of last promotion:	Classes from last test to next (16 min):
Rank testing for / testing fee: Blue belt – white stripe \$12	Date of upcoming test:	Belt Size:
Would you like a certificate for this test? No / Yes add \$20	Name of bunkai partner:	

On the above date, I would like to take the promotion test, fulfilling all the requirements, according to the Japan Karate-Do Organization, Hokushin Shito-Ryu. As I understand, if my performance and dedication are not sufficient on the day of the test, I will attempt to improve my level of achievement in the future. I have attached my testing fees and I understand that they are not refundable.

Date: _____ Student: _____

Instructor's Approval: _____ Parent's Approval: _____

Attach a paper briefly discussing the three major styles of *Karate-do* outside of *Shito-Ryu* and their founders.