

BUSHINKAI

BUSHINKAI INTERNATIONAL ACADEMY OF MARTIAL ARTS

HAKUDA KEMPO TOSHU JUTSU SYLLABUS

2009 EDITION

9TH KYU RED BELT

Kihon	Fundamentals	Tachi	Stance
Gedan Barai	Lower Parry	Zenkutsu Dachi	Front Stance
Oi Tzuki	Stepping Punch	Zenkutsu Dachi	Front Stance
Gyaku Tzuki	Reverse Punch	Zenkutsu Dachi	Front Stance
Jodan Age Uke	Upper Rising Block	Zenkutsu Dachi	Front Stance
Soto Ude Uke	Outside Forearm Block	Zenkutsu Dachi	Front Stance
Uchi Ude Uke	Inside Forearm Block	Zenkutsu Dachi	Front Stance
Mae Geri	Front Kick	Zenkutsu Dachi	Front Stance
Yoko Geri	Side Kick	Zenkutsu Dachi	Front Stance
Shuto Uke	Knifehand Block	Kokutsu Dachi	Back Stance

Kata

Forms

Kihon Kata
(Taikyoku Shodan)

Basic Form
(Supreme Ultimate Level One)

Heian Shodan

Peaceful Mind Level One

Hojo Undu

Training and Conditioning Equipment

Demonstration of power and speed on the Makiwara, focus mits, kickpad or punchbag

Goshin Waza

Self Defence Techniques

Defend against:

Straight Punch
Roundhouse Punch

8TH KYU YELLOW BELT

Kihon	Fundamentals	Tachi	Stance
Gedan Barai	Lower Parry	Zenkutsu Dachi	Front Stance
Oi Tzuki	Stepping Punch	Zenkutsu Dachi	Front Stance
Gyaku Tzuki	Reverse Punch	Zenkutsu Dachi	Front Stance
Jodan Age Uke	Upper Rising Block	Zenkutsu Dachi	Front Stance
Soto Ude Uke	Outside Forearm Block	Zenkutsu Dachi	Front Stance
Uchi Ude Uke	Inside Forearm Block	Zenkutsu Dachi	Front Stance
Mae Geri Keage	Front Snap Kick	Zenkutsu Dachi	Front Stance
Mae Geri Kekomi	Front Thrust Kick	Zenkutsu Dachi	Front Stance
Yoko Geri	Side Kick	Zenkutsu Dachi	Front Stance
Shuto Uke	Knifehand Block	Kokutsu Dachi	Back Stance
Mawashi Empi	Roundhouse Elbow	Zenkutsu Dachi	Front Stance
Jodan Tate Empi	Upper Rising Elbow	Zenkutsu Dachi	Front Stance
Hiza Geri	Knee Strike	Zenkutsu Dachi	Front Stance

Kihon Oyo **Basic Applications**

- 1 Perform the throw "Tai Otoshi" using the principles of Gedan Barai
- 2 Perform the throw "Osoto Gari" using the principles of Oi Tzuki

Kata	Forms
Kihon Kata	Basic Form
Heian Shodan	Peaceful Mind Level One
Heian Nidan	Peaceful Mind Level Two

Hojo Undu **Training and Conditioning Equipment**

Demonstration of power and speed on the Makiwara, focus mits, kickpad or punchbag

Goshin Waza **Self Defence Techniques**

Defend against:	Straight Punch	Wrist Grab
	Roundhouse Punch	Lapel Grab

Ukemi

Breakfalls

7TH KYU ORANGE BELT

Kihon	Fundamentals	Tachi	Stance
Gedan Barai	Lower Parry	Zenkutsu Dachi	Front Stance
Oi Tzuki Gyaku Tzuki	Stepping Punch Reverse Punch	Zenkutsu Dachi Zenkutsu Dachi	Front Stance Front Stance
Jodan Age Uke Soto Ude Uke Uchi Ude Uke	Upper Rising Block Outside Forearm Block Inside Forearm Block	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	Front Stance Front Stance Front Stance
Mae Geri Keage Mae Geri Kekomi Yoko Geri	Front Snap Kick Front Thrust Kick Side Kick	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	Front Stance Front Stance Front Stance
Shuto Uke	Knifehand Block	Kokutsu Dachi	Back Stance
Mawashi Empi Jodan Tate Empi	Roundhouse Elbow Upper Rising Elbow	Zenkutsu Dachi Zenkutsu Dachi	Front Stance Front Stance
Hiza Geri	Knee Strike	Zenkutsu Dachi	Front Stance
Uraken	Back Fist	Ju Dachi	Freestyle

Kihon Oyo Basic Applications

- 1 Perform the throw "Tai Otoshi" using the principles of Gedan Barai
- 2 Perform the throw "Osoto Gari" using the principles of Oi Tzuki
- 3 Perform a side armlock using the principles of Shuto Uke
- 4 Perform a front armlock using the principles of Uchi Ude Uke

Kata	Forms
Kihon Kata	Basic Form
Heian Shodan	Peaceful Mind Level One
Heian Nidan	Peaceful Mind Level Two
Heian Sandan	Peaceful Mind Level Three

Kata Bunkai	Analysis of Forms
Kata (Form) Heian Shodan Heian Nidan Heian Sandan	Oyo (Application) Hammerfist sequence as a wrist release Opening technique as an armlock Spearhand Sequence as an armlock

Kobudo	Okinawan & Chinese Weapons
Kata (Form) Kihon Kata	To be performed with Weapon: Jo

Hojo Undu	Training and Conditioning Equipment
Demonstration of power and speed on the Makiwara, focus mits, kickpad or punchbag	

Goshin Waza	Self Defence Techniques
Defend against:	Straight Punch Wrist Grab Straight Kick
	Roundhouse Punch Lapel Grab Round Kick

Ukemi
Breakfalls

6TH KYU GREEN BELT

Kihon

As previous grades

Fundamentals

Kihon Oyo

Basic Applications

- 1-4 As previous grade
5 Perform the "folding screen throw" using the principles of Soto Ude Uke
6 Perform the "Sukui Nage" scoop throw using the principles of Manji Gamae

Kata

Kihon Kata
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan

Forms

Basic Form
Peaceful Mind Level One
Peaceful Mind Level Two
Peaceful Mind Level Three
Peaceful Mind Level Four

Kata Bunkai

Analysis of Forms

Kata (Form)

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan

Oyo (Application)

Jodan Age Uke Sequence as a takedown
Nukite Shuto Sequence as a throw
Final technique as a Yama Arashi throw
Opening technique as a choke

Kobudo

Okinawan & Chinese Weapons

Kata (Form)

Kihon Kata
Heian Shodan

To be performed with Weapon:

Jo
Sai

Hojo Undu

Makiwara, punchbag etc

Training and Conditioning Equipment

Ukemi

Breakfalls

Goshin Waza

Straight Punch
Roundhouse Punch

Self Defence Techniques

Wrist Grab
Lapel Grab
Straight Kick
Round Kick
Downward Strike
Upward Strike

Ne Waza

Juji Gatame
Kihon Osae
Kesa Gatame
Kata-ha Jime
Randori

Groundwork

Cross Armlock
Basic Pin
Scarf Hold
Half Nelson and Choke
Free Practice

Tegumi

Kakie Uke
Muchimi Di

Grappling Drills

Wristlock practice drill
Forearm hardening drill

5TH KYU BLUE BELT

Kihon

As previous grades

Fundamentals

Kihon Oyo

1-6 As previous grade

Basic Applications

Kata

Kihon Kata
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan

Forms

Basic Form
Peaceful Mind Level One
Peaceful Mind Level Two
Peaceful Mind Level Three
Peaceful Mind Level Four
Peaceful Mind Level Five

Kata Bunkai

Kata (Form)

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan

Analysis of Forms

Oyo (Application)

Shuto Sequence
Uchi Ude Uke Sequence
Fumikomi as a leglock
Elbow Strike Sequence
Opening Sequence as a hammerlock choke

Kobudo

Kata (Form)

Kihon Kata
Heian Shodan
Heian Nidan
Heian Sandan

Okinawan & Chinese Weapons

To be performed with Weapon:

Jo
Sai
Nunchaku
Nunchaku

Hojo Undu

As previous grade

Ukemi

As previous grade

Goshin Waza

As previous grade

Ne Waza

Juji Gatame
Kihon Osae
Kesa Gatame
Kata-ha Jime
Randori
Hadaka Jime
Juji Jime

Groundwork

Cross Armlock
Basic Pin
Scarf Hold
Half Nelson and Choke
Free Practice
Choke Sleeper
Cross Choke

Tegumi

Kakie Uke
Muchimi Di
Koken Renzoku

Grappling Drills

4TH KYU PURPLE BELT

Kihon

As previous grades plus:

Tobi Kizami Tzuki
Ashi Gyaku Tzuki
Mawashi Uchi Ude Uke
Ashi Shuto Uke
Naname Uraken

Fundamentals

Jab Punch sliding step as in Tomari Te
Reverse Punch sliding step as in Tomari Te or Hsing-I
Circular block as in Tomari Te
Sliding Knife Hand 'split' as in Tomari Te or Hsing-I
Diagonal Backfist as in Tomari Te

Kihon Oyo

1-6 As previous grade

Basic Applications

Kata

Kihon Kata
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Tekki Shodan

Forms

Basic Form
Peaceful Mind Level One
Peaceful Mind Level Two
Peaceful Mind Level Three
Peaceful Mind Level Four
Peaceful Mind Level Five
Iron Horse Level One

Kata Bunkai

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Tekki Shodan

Analysis of Forms

Neko Ashi Dachi/Tetsui Uchi (Kyusho application)
Opening technique (Kyusho application)
Opening sequence
Kakiwake Uke sequence
Jumping Sequence
Opening Sequence

Kobudo

Kata (Form)

Kihon Kata
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan

Okinawan & Chinese Weapons

To be performed with Weapon:

Jo
Sai
Nunchaku
Nunchaku
Dip Dao, Tanto or Tonfa
Bo or Jo

Kobudo Waza

Defending against Jo with Tanto/Dao/Tonfa

Hojo Undu

As previous grade

Ukemi

As previous grade

Goshin Waza

As previous grade

Ne Waza

As previous grade

Groundwork

Tegumi

Kakie Uke
Taiki Muchimi Di
Koken Renzoku
Tegumi Renzoku Geiko

Grappling Drills

Explanation of Five Principles

Essay

History of Toshu Jutsu/Karate Jutsu (at least 2000 words)

3RD KYU BROWN BELT

Kihon

As previous grade

Fundamentals

Kihon Oyo

As previous grades plus:

Haito

Koken

Basic Applications

Applied as Tuite Jutsu Shime

Applied as Tuite Jutsu Shime

Kata

Kihon Kata

Heian Shodan

Heian Nidan

Heian Sandan

Heian Yondan

Heian Godan

Tekki Shodan

Gekisai

Forms

Basic Form

Peaceful Mind Level One

Peaceful Mind Level Two

Peaceful Mind Level Three

Peaceful Mind Level Four

Peaceful Mind Level Five

Iron Horse Level One

Attack and Destroy

Kata Bunkai

Student must be able to demonstrate full Bunkai and Oyo for each kata as requested by the examiner.

Analysis of Forms

Kobudo

Okinawan & Chinese Weapons

Using student's choice of Okinawan weapons (Nunchaku, Tonfa, Bo etc) defend against a sword attack (Jian or Katana)

Kata (Form)

As previous grade

To be performed with Weapon:

Hojo Undu

As previous grade

Ukemi

As previous grade

Goshin Waza

Student must be able to defend against all 36 Habitual Acts of Physical Violence

Ne Waza

As previous grade plus:

Groundwork

Headlock/hammerlock/choke sequence

Catch kick into double leglock sequence

Demonstrate the Guard. Demonstrate the Hook

Various versions of Juji Gatame and Sankaku Jime

Various Rice Bail throws and sacrifice throws

Figure Four Leglock

Tegumi

Kakie Uke

Taiki Muchimi Di

Koken Renzoku

Tegumi Renzoku Geiko

Grappling Drills

Explanation of Five Principles

Essay

Single Kata Study. History, techniques, applications (at least 2000 words)

2ND KYU BROWN BELT

Kihon

As previous grade

Fundamentals

Kihon Oyo

As previous grades plus:

Haito

Koken

Basic Applications

Applied as Tuite Jutsu Shime

Applied as Tuite Jutsu Shime

Kata

Kihon Kata
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Tekki Shodan
Gekisai
Bassai

Forms

Basic Form
Peaceful Mind Level One
Peaceful Mind Level Two
Peaceful Mind Level Three
Peaceful Mind Level Four
Peaceful Mind Level Five
Iron Horse Level One
Attack and Destroy ('Destroy the Fortress')
Withdraw and Remove ('Penetrate the Fortress')

Kata Bunkai

Student must be able to demonstrate full Bunkai and Oyo for each kata as requested by the examiner. Including Bunkai and Oyo for Bassai Dai (Opening Blocks, Nikkyo Sequence and Kakiwake Uke sequence)

Analysis of Forms

Kobudo

As previous grades

Okinawan & Chinese Weapons

Kata (Form)

As previous grade

To be performed with Weapon:

Hojo Undu

As previous grade

Ukemi

As previous grade

Goshin Waza

Student must be able to defend against all 36 Habitual Acts of Physical Violence

Ne Waza

As previous grade plus explanation of:

Tsukamite

Chinkuchi

Kakete

Kuzushi

Hikite

Groundwork

Redirecting

Breathing Power

Hooking

Unbalancing

Drawing in

Tegumi

As previous

Grappling Drills

Explanation of Five Principles

Essay

Tegumi: the lost art of Okinawa

1ST KYU BROWN BELT

Kihon

As previous grade

Fundamentals

Kihon Oyo

As previous grades plus:

Haito

Koken

Basic Applications

Applied as Tuite Jutsu Shime

Applied as Tuite Jutsu Shime

Kata

Kihon Kata

Heian Shodan

Heian Nidan

Heian Sandan

Heian Yondan

Heian Godan

Tekki Shodan

Gekisai

Bassai

Tokui Kata

Kanku Dai

or Empi

or Wankan

Forms

Basic Form

Peaceful Mind Level One

Peaceful Mind Level Two

Peaceful Mind Level Three

Peaceful Mind Level Four

Peaceful Mind Level Five

Iron Horse Level One

Attack and Destroy ('Destroy the Fortress')

Withdraw and Remove ('Penetrate the Fortress')

Choice of Kata (choose one)

Looking up at the Sky

Flying Swallow

King's Crown

Kata Bunkai

Bunkai presentation of Tokui Kata with Essay

Kobudo

As previous grades

Okinawan & Chinese Weapons

Hojo Undu

As previous grade

Ukemi

As previous grade

Goshin Waza

Student must be able to defend against all 36 Habitual Acts of Physical Violence

Ne Waza

As previous grade

Groundwork

Tegumi

As previous

Grappling Drills

Explanation of Five Principles

1ST DAN BLACK BELT

Kihon

As previous grade

Fundamentals

Kihon Oyo

As previous grades

Basic Applications

Kata

Kihon Kata
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Tekki Shodan
Gekisai
Bassai

Forms

Basic Form
Peaceful Mind Level One
Peaceful Mind Level Two
Peaceful Mind Level Three
Peaceful Mind Level Four
Peaceful Mind Level Five
Iron Horse Level One
Attack and Destroy ('Destroy the Fortress')
Withdraw and Remove ('Penetrate the Fortress')

Tokui Kata

Kanku Dai
Empi
Wankan
Hangetsu
Must choose two (as well as Tokui from last grading)

Choice of Kata

Looking up at the Sky
Flying Swallow
King's Crown
Half Moon

Kata Bunkai

Bunkai presentation of Tokui Kata with Essay plus all bunkai and Kobudo

Katame Waza

All previous grappling and flowdrills

Essay

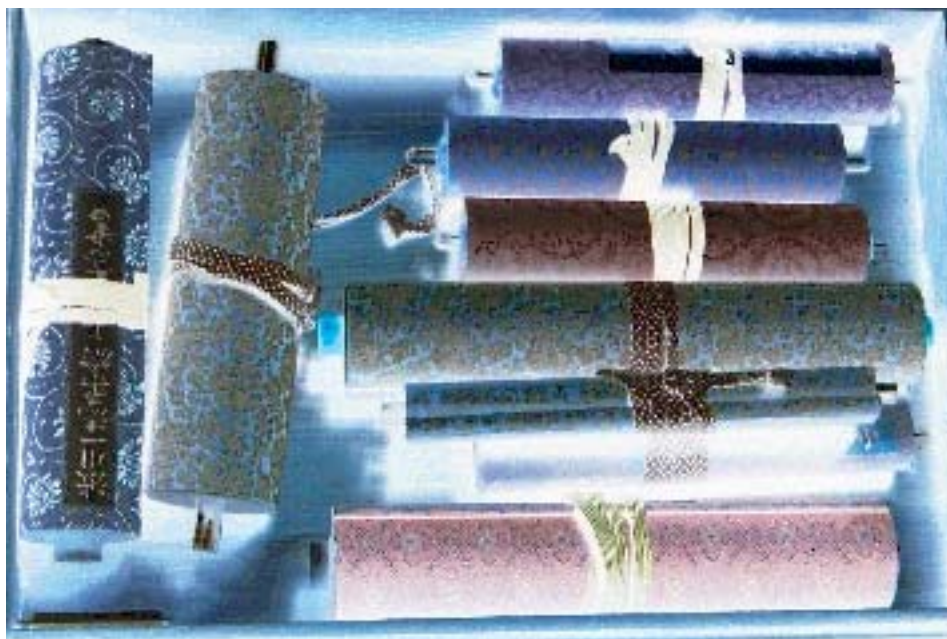
Single Weapon Study (Sai, Bo etc)



OKU IRI DENSHO

This Makimono may be awarded only to a student who holds the grade of C3 Regional Instructor.

This Makimono signifies that the student is proficient in defence against the 36 Habitual Acts of Physical Violence.



2ND DAN BLACK BELT

Student must demonstrate all previous techniques, drills and defences to a high level.

Kata	Forms
Kihon Kata	Basic Form
Heian Shodan	Peaceful Mind Level One
Heian Nidan	Peaceful Mind Level Two
Heian Sandan	Peaceful Mind Level Three
Heian Yondan	Peaceful Mind Level Four
Heian Godan	Peaceful Mind Level Five
Tekki Shodan	Iron Horse Level One
Gekisai	Attack and Destroy ('Destroy the Fortress')
Bassai Dai	Withdraw and Remove ('Penetrate the Fortress')
Kanku Dai	Looking up at the Sky
Empi	Flying Swallow
Wankan	King's Crown
Hangetsu	Half Moon

Emono Jutsu

Student must also demonstrate all previous weapons to a proficient level.

Bladed weapon (Katana or Jian)

- Cuts
- Lunges
- Parries
- Harmonious movement

Stick weapon (Tanjo, Jo or Bo)

- Strikes
- Lunges
- Parries
- Trapping techniques

Essay

The Minamoto Clan and their influence on the development of martial arts

- Minamoto Yoritomo and the foundation of the Shogunate
- Minamoto Tametomo and the Ryukyu kingdoms
- Minamoto Yoshimitsu and the development of Aikijujutsu

AIKI NO JUTSU

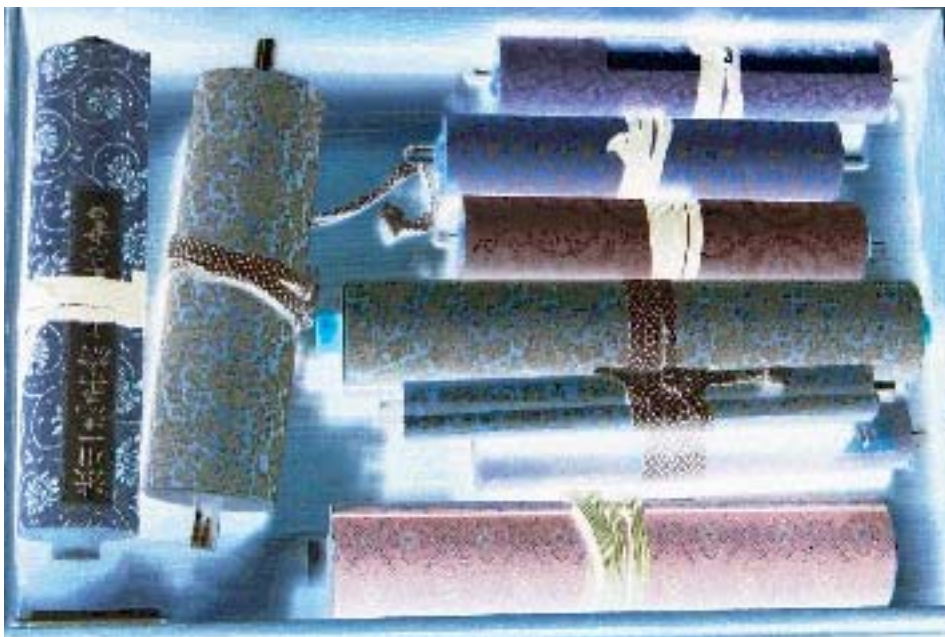
DENSHO

This Makimono may be awarded only to a student who holds the grade of C2 National Instructor.

This Makimono signifies that the student is proficient in the arts of Aikijujutsu and Kijutsu.

The student will be expected to demonstrate proficiently all basic Aikijujutsu holds (Ikkyo, Nikkyo, Sankyo, Kote Gaeshi, Irimi Nage, Ten Shin Nage etc)

Student should also have a good understanding of Kijutsu ("Chi Kung") for health and healing.



3RD DAN BLACK BELT

Student must demonstrate all previous techniques, drills and defences to a high level.

Kata	Forms
Kihon Kata	Basic Form
Heian Shodan	Peaceful Mind Level One
Heian Nidan	Peaceful Mind Level Two
Heian Sandan	Peaceful Mind Level Three
Heian Yondan	Peaceful Mind Level Four
Heian Godan	Peaceful Mind Level Five
Tekki Shodan	Iron Horse Level One
Gekisai	Attack and Destroy ('Destroy the Fortress')
Bassai Dai	Withdraw and Remove ('Penetrate the Fortress')
Kanku Dai	Looking up at the Sky
Empi	Flying Swallow
Wankan	King's Crown
Hangetsu	Half Moon
Jutte	Ten Hands
Nijushiho	24 Steps

Kata Bunkai

- 1) Gekisai, Tekki and Tegumi Renzoku Geiko
- 2) The Bagua movements of Heian Sandan and Bassai Dai
- 3) The Hsing-I movements of Heian Yondan and Empi
- 4) The Jian techniques of Empi
- 5) The Taiji movements of Kanku Dai
- 6) The Dao techniques of Kanku Dai
- 7) The Sanchin principles of Hangetsu, Wankan and Nijushiho

Essay

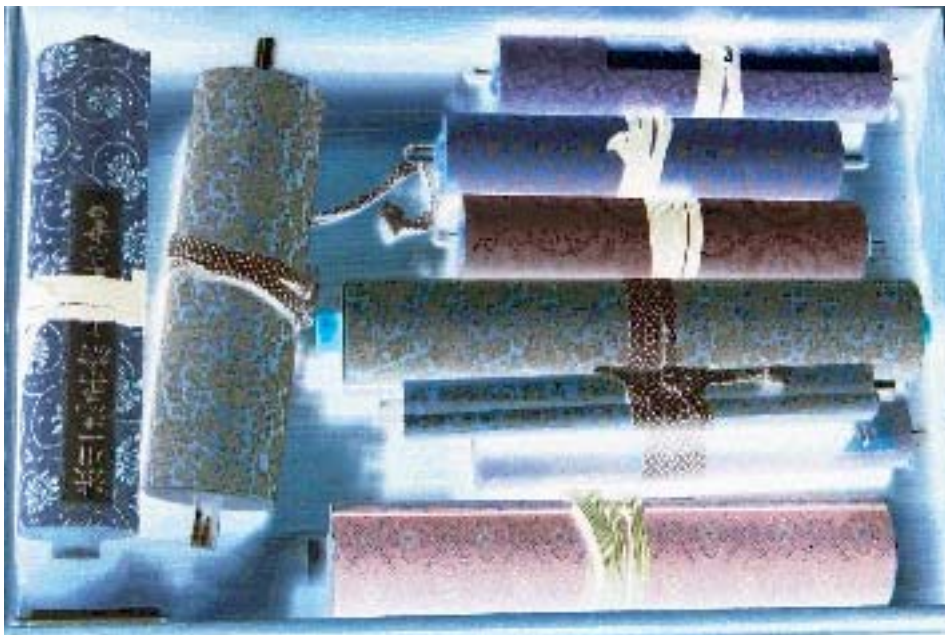
The Wutang Arts and their influence on Hakuda Kempo Toshu Jutsu

HIDEN MOKUROKU

DENSHO

This Makimono may be awarded only to a student who holds the grade of C1 International Instructor.

This Makimono signifies that the student is proficient in all compulsory areas of the syllabus with particular emphasis on kata.



4TH DAN BLACK BELT

Student must demonstrate all previous techniques, drills and defences to a high level.

Kata	Forms
Kihon Kata	Basic Form
Heian Shodan	Peaceful Mind Level One
Heian Nidan	Peaceful Mind Level Two
Heian Sandan	Peaceful Mind Level Three
Heian Yondan	Peaceful Mind Level Four
Heian Godan	Peaceful Mind Level Five
Tekki Shodan	Iron Horse Level One
Gekisai	Attack and Destroy ('Destroy the Fortress')
Bassai Dai	Withdraw and Remove ('Penetrate the Fortress')
Kanku Dai	Looking up at the Sky
Empi	Flying Swallow
Wankan	King's Crown
Hangetsu	Half Moon
Jutte	Ten Hands
Nijushiho	24 Steps
Tokui Kata (choose one)	
Tekki Nidan	Iron Horse Level Two
Tekki Sandan	Iron Horse Level Three
Gankaku	Crane on a Rock
Bassai Sho	Withdraw and Remove. Minor.
Kanku Sho	Looking up at the Sky. Minor.

Essay

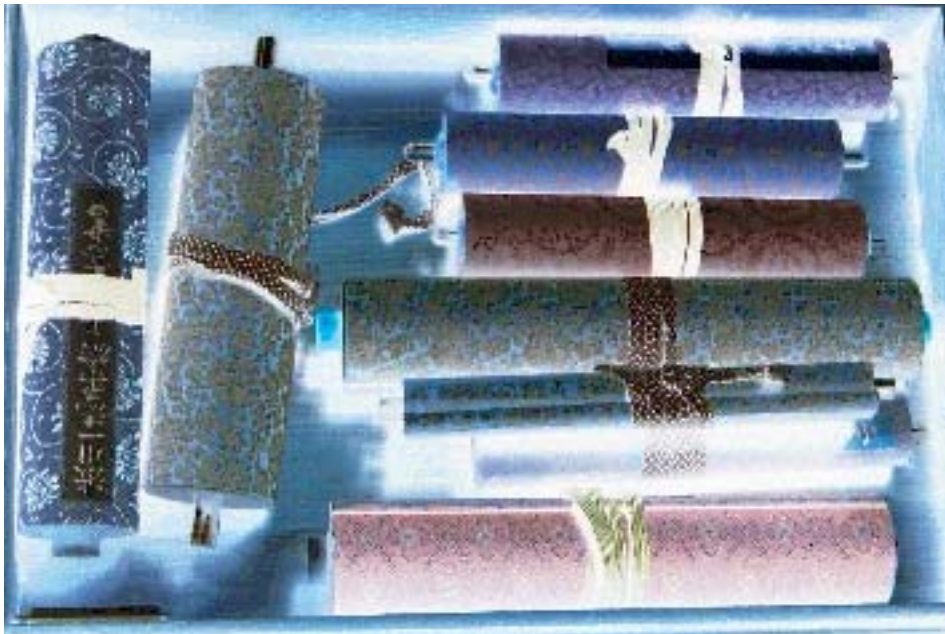
Student must give a full written analysis of the art of Hakuda Kempo Toshu Jutsu and the Bushinkai Method of Self Defence.

BUSHIN RYU

DENSHO

This Makimono may be awarded only to a student who holds the grade of SC1 Senior International Instructor.

This Makimono signifies that the student is proficient in all 18 Arts of Bushin Ryu

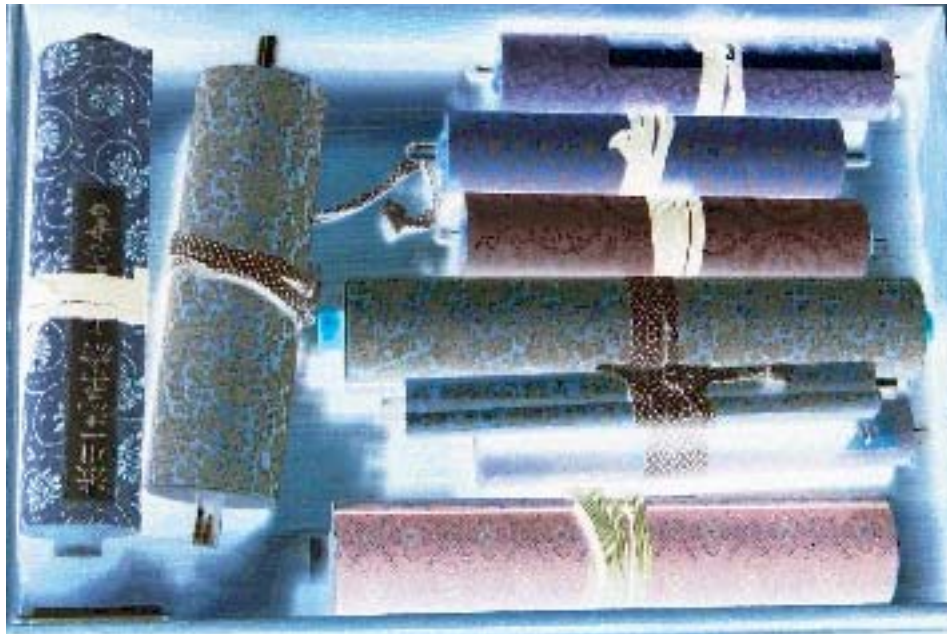


- | | |
|---------------------|---------------------------------|
| 1) Toshu Jutsu | Hakuda Kempo Toshu Jutsu |
| 2) Jutte Jutsu | Jutte or Sai |
| 3) Kusarigama Jutsu | Kusarigama, Nunchaku or Kama |
| 4) Tonfa Jutsu | Tonfa or Timbei (shield) |
| 5) Bo Jutsu | Bo |
| 6) Rochin Jutsu | Short Spear or Chinese Sword |
| 7) Jujutsu | Jujutsu (Yawara) |
| 8) Kenjutsu | Kenjutsu (two man sets) |
| 9) Iai Jutsu | Solo Sword forms |
| 10) Aikijujutsu | Aikijujutsu and Ki Exercises |
| 11) Tanto Jutsu | Japanese dagger |
| 12) Shuriken Jutsu | Throwing blades and projectiles |
| 13) Jojutsu | Short staff or walking stick |
| 14) Sojutsu | Spear or halberd |
| 15) Tanjo Jutsu | Short sticks (Escrima sticks) |
| 16) Reishiki | History and ethics (Bushido) |
| 17) Chado | Tea Ceremony or Singing Bowl |
| 18) Heiho | Military Strategy |

GOSHIN NO TE DENSHO

This Makimono may be awarded only to a student who holds the grade of SC1 Senior International Instructor.

This Makimono signifies that the student is proficient in the 3 Sciences of the Bushinkai Method of Self Defence



RENSHI SHOGO

This Shogo means "Polished Teacher"

Minimum of two years since promotion to Yondan (4th Dan).

Minimum age of 30.

The "ren" in renshi means many things such as practice, gloss, train, drill, polish, or refine. Thus renshi may be defined as one who is a "polished warrior." In terms of a teaching grade, we informally refer to this shogo as the "polished teacher." A renshi is a person who has progressed through basic practise to "renshu" meaning polished practice. The shogo renshi is awarded to someone who has "mastered him/herself." The traditional martial arts sentiment is that a person cannot justly teach others well until he or she has mastered their own art and life. One must remember, however, that mastery does not mean flawlessness. There is no such thing as true perfection.



5TH DAN RED & WHITE BELT

Student must demonstrate all previous techniques, drills and defences to a high level.

Compulsory Kata

Kihon Kata
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Gekisai
Tekki Shodan
Tekki Nidan
Tekki Sandan
Bassai Dai
Kanku Dai
Empi
Wankan
Hangetsu
Jutte
Nijushiho

Forms

Basic Form
Peaceful Mind Level One
Peaceful Mind Level Two
Peaceful Mind Level Three
Peaceful Mind Level Four
Peaceful Mind Level Five
Attack and Destroy ('Destroy the Fortress')
Iron Horse Level One
Iron Horse Level Two
Iron Horse Level Three
Withdraw and Remove ('Penetrate the Fortress')
Looking up at the Sky
Flying Swallow
King's Crown
Half Moon
Ten Hands
24 Steps

Tokui Kata (choose one of these)

Gankaku Crane on a Rock
Bassai Sho Withdraw and Remove. Minor.
Kanku Sho Looking up at the Sky. Minor.

Masters Kata (plus one of these)

Gojushiho 54 Steps
Meikyo Mirror
Unsu Hands like Clouds
Rokusho 6 Hands

Optional Kata (forms such as these may be demonstrated for extra credit)

Any other Karate kata such as:

Chinto
Wanduan
Kururunfa
Sochin
etc

Essay

Study must publish a work which furthers the art of Hakuda Kempo Toshu Jutsu, the school of Bushin Ryu and the Bushinkai Method of Self Defence. The work may be historical or technical.

KYOJU DAIRI
DENSHO

Personal Representative of the Headteacher

6TH DAN RED & WHITE BELT

More than five years after promotion to Renshi

KYOSHI
SHOGO

“Professor of Martial Arts”. More than two years after promotion to 6th Dan.

7TH DAN RED BELT

More than six years after promotion to 6th Dan

KAISHAKU SODEN
DENSHO

Personal Assistant to the Headteacher. May act as Headmaster in his absence

8TH DAN RED BELT

More than seven years after promotion to 7th Dan.

HANSHI
SHOGO

Outstanding service for development of Martial Arts. Minimum age, 50 years of age.

9TH DAN RED BELT

10TH DAN MEIJIN

Rare and special awards in outstanding circumstances.

MENKYO KAIDEN
DENSHO

A Meijin who has mastered every aspect of the art to a unique standard.