

Shorinjiryu Kenkokan Karatedo Deutschland

Prüfungsprogramm

1. Dan

Sho Dan

Konditionstest

Liegestütz, Kniebeugen, Bauchaufzüge, Seilspringen

Kerzentest

je 10 mal mit Zuki, Keri und Uchi

Kihon Waza

Kogeki Waza (offensiv)

Zuki	Sanbon (3 Techniken)
Keri	Sanbon
Uchi	Sanbon
Ate	Sanbon
Tokui	Ippon (1 Technik) drei verschiedene
Renzoku	Kombination nach Wahl, drei verschiedene

Hangeki Waza (Defensiv)

Ippon Kumite	Te und Ashi Waza
Nihon Kumite	Te und Ashi Waza
Sanbon Kumite	Te und Ashi Waza

Yakusoku Kumite

Renshu Kumite Ichi, Renshu Kumite Ni, Randori Kumite Go, Randori Kumite Ni Gokkyo no Kumite (Te und Ashi Waza). Sankakutobi Kumite Shodan ichi

Kata

Kudaka no Sesan, Kudaka no Naihanchin

Tokui Kata	Lieblingskata blind ausführen
Kihon Kata	Grundkata
Tanren Kata	Mittelstufenkata

Kata Bunkai (Anwendung von Kata)

Kihon Kata nach Wahl
Tokui Kata

Nage Waza (jeweils 2 Techniken, innen und außen)

Zuki
Keri
Uchi

Kansetsu Waza gegen Messer (Tanto Tori)

Angriff Ippon, Nihon, Sanbon

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Ne waza (Judo Bodentechniken)

verschiedene Techniken in der Bodenlage und im Stehen

Desweiteren: a) Verteidigung aus der Bodenlage gegen Keri, Zuki u. Uchi
b) Verteidigung liegend, jemand sitzt obenauf
c) Verteidigung sitzend, Rücken an Rücken

Goshin Waza

Jeweils drei Techniken aus jeder Serie
Mune Tori, Ryote Tori, Morote Shime, Ushiro Kakae Tori

Buki Waza (Buki ho)

Bo Kata

Gorin no Bo od. Bo Shindo Shodan

Bo Kumite

Gokyo no Bo Kumite od. Gorin no Bo Kumite
Bo tai Bo Kumite (drei verschiedene Angriffe)
Bo tai toshu Kumite (drei verschiedene Angriffe)

Koshiki Kumite

Uchikomi Renshu

Kogeki Waza

Ashi waza

Te waza

Hangeki Waza

Te waza

Ashi waza

5x Shiai (im Koshiki Wettkampfsystem)

Theorie im Koshiki Wettkampfsystem (Kampfrichter Grundwissen)

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Essay Shorinjiryu Kenkokan Karatedo

Biography

Name:

Birthday:

Place of birth:

Nationality:

Sex:

Height:

Weight:

Eyesight:

Eye colour:

Hair colour:

Marital status:

Permanent address:

Present address:

Occupation:

Educational background:

Date of commencement of Karatedo training:

Name of style:

Name of Dojo:

Name of Style's founder:

Name of Shihan:

Name of Sensei:

Promotion record:

a. Kyu (include date and name of the examiner)

b. Dan (include date and name of the examiner)

Tournament records:

Include date, place, events participated in, and placement.

Record of refereeing:

Demonstrations:

Include date and place.

Record of seminars, training camps and clinics attended.

Include date, place, duration, name of chief instructor/ s

SHODAN (and above):
Write about the following topics:

- KARATEDO & I: (past, present and future).
- Unique aspects of Shorinjiryu Kenkokan Karatedo.
- Comparison of Shorinjiryu Kenkokan and other styles (general / specific).
- Comparison of Karatedo and other sports (general/ specific).
- Personal interpretation of the Shorinjiryu Kenkokan motto.
- Personal interpretation of the Shorinjiryu Kenkokan Dojo-kun.
- Explanation of favourite technique:
 - Attack
 - Counter
 - Combination
- Explanation of favourite Kata.
- Explanation of favourite Kumite.
- Personal training for Karatedo in daily life.
- Explanation of Dojo-Etiquette.

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Koshiki Dan Requirements:

SHODAN (and above):

Write about the following topics:

1. Breakdown and discuss the components of Middle Level Fighting Guard (Chudan no kamae) and how it is utilised in Koshiki Karatedo?
2. Outline how distance (Maai) influences effective fighting in Koshiki Karatedo competition?
3. Describe the fundamentals of effective footwork (Ashi sabaki) in Koshiki Karatedo?
4. Explain the philosophical underpinnings of the term Zanshin (completion of mind) and show how can it be utilised practically in Koshiki Karatedo.
5. Demonstrate when an after an attack counter technique (Go no sen) is effectively applied in Koshiki Karatedo competition?
6. Evaluate and explain the value of body control (Tai no shinshuku) in Koshiki Karatedo Kata and Kumite?
7. What are the primary safety factors that should be considered when undertaking warm up (Junbi undo) exercises in Karatedo training? Give an example of an effective warm up routine.
8. Breakdown and explain the technical aspects of punching, kicking and striking consider the following, setting up (Tsukuri), upsetting your opponent balance (Kuzushi) and proper finishing (Kime) in preparation training for kumite shiai?
9. Outline the protocols for putting on the Anzen Bogu (Supersafe™ equipment). What is the safety consideration one should bear in mind when putting on and wearing Anzen Bogu?
10. Describe the correct bowing in and bowing out (Rei Ho) used to begin and complete a Koshiki Karatedo competition. Relate these protocols and etiquette to the philosophical underpinnings of Koshiki Karatedo?
11. Relate your own reason for commencing Karatedo practice and share what you understand as some of the positive returns from practising Koshiki Karatedo competition?
12. Identify what is your favourite single offensive technique in Koshiki Karatedo competition?
13. Describe where are the attacking target in Koshiki Karatedo kumite competition.
14. Explain the reason and what are the prohibited attack to the target and prohibited techniques in Koshiki Karatedo competition.
15. Evaluate and explain what the full point “Ippon” technique in Koshiki Karatedo Kumite competition is.
16. Evaluate and explain what the one point “Waza-ari” technique in Koshiki Karatedo kumite competition is.
17. Describe what the five fundamental principles are when you training in Koshiki Karatedo Kumite.
18. Describe what the five fundamental principles are when you training Kata in Koshiki Karatedo.
19. Explain what is the ultimate purpose for training basic Kata in Koshiki Karatedo and what can be gained physically, mentally and spiritually from Koshiki Karatedo.
20. Describe what the three fundamental principles of the kata application Kumite in Koshiki Karatedo are.
21. Describe what are the regulations, responsibility and duty of the black belt Yudansha in Koshiki Karatedo.
22. Explain what are the important points of defensive techniques and how many kind of defensive techniques you know in Koshiki Karatedo.
23. Explain your personal interpretation of the first Dojo Kun. Maintain property, etiquette, dignity and grace.