



# 11TH KYU YELLOW BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 3 MONTHS & 24 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. For the stripe test you will be graded (pass or fail) on each section of material. Each stripe you receive represents one section passed.

Check the Calendar of Events for dates and times of stripe testing.

Be sure to attend your class regularly and use this sheet as a checklist to ensure you are making progress.

## STRIPE # 1: *REISHIKI (ETIQUETTE) & KIHON (BASIC TECHNIQUES)*

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

### REISHIKI (ETIQUETTE):

- Student Creed with Assistance
- Attention—Kiotsuke
- Standing Bow—Rei
- Formal Sitting—Seiza
- Sitting Bow—Zarei
- Informal Sitting: Crisscross Style
- How to Respond: Yes Sir/Ma'am;  
No Sir/Ma'am; Hai
- How to Enter/Exit the Training Area (Taijo):  
Standing Bow
- How to Refer to Black Belts: Mr./Mrs./Miss/Ms.
- How to Refer to the Head Instructor: Sensei  
(and Sempai at Some Schools)
- ZBBKI Crest on Uniform (Gi): Left Lapel Over Heart
- Proper Belt (Obi) Tie: As Demonstrated by Sensei

### KIHON (BASIC TECHNIQUES):

- Ready Stance—Yoi
- Fighting Stance—Kamae
- Forward Leaning Stance—Zenkutsu Dachi
- Upper Rising Block—Jodan Age Uke
- Lower Sweeping Block—Gedan Barai Uke
- Straight Punch—Choki Zuki
- Reverse Punch—Gyaku Zuki
- Lunge Punch—Oi Zuki
- Front Snap Kick—Mae Geri Kiagi

### FOOTWORK (FORWARD & BACKWARD):

- Step
- Double Step

## STRIPE #2: *KATA (FORMS)*

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

- Taikyoku Shodan: Demonstrate form with proper stances, power & rhythm. All punches chest level.

**SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4**





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### STRIPE #3: *KUMITE (SPARRING)*

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

#### PRE-ARRANGED:

- **Ippon Kumite (One Step Sparring) #1—Right**  
Foot Back
  - \* Upper Rising Block, Reverse Punch
- **Sanbon Kumite (Three Step Sparring) #1—Right**  
Foot Back
  - \* Upper Rising Block (Three Times), Reverse Punch

#### STRATEGY (STILL WITH PARTNER):

- **SA (Single Attack)—With Double Step**
  - \* Using Reverse Punch & Front Snap Kick

### STRIPE #4: *SELF-DEFENSE & REISHIKI (ETIQUETTE)*

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

#### DEFEND AGAINST:

- **Straight or Cross Wrist Grab**— Grab Fist / Front Snap Kick / Step Back / Pull to Hip
- **Front Double Wrist Grab**—Front Snap Kick / Step Back / Pull Up
- **Two Hands on One Wrist Grab**—Reach In and Grab Fist / Front Snap Kick / Step Back / Pull Up

#### BREAKFALLS (Level #1—Sitting):

- **Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll**

#### REISHIKI (ETIQUETTE):

- **Student Creed Unassisted**—See Student Creed/Black Belt Commitment Sheet

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)  
BE SURE TO COMPLETE WRITTEN EXAMINATION (IF REQUIRED) & INTENT TO PROMOTE SHEET  
AND TURN THEM IN BEFORE EXAMINATION DAY.**

**FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT)  
MUST BE WORN FOR ALL SATURDAY BELT EXAMS.**