



# 8TH KYU GREEN BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 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. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

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

## STRIPE #1: *KIHON (BASIC TECHNIQUES)*

**\*\* MANDATORY ATTENDANCE: 8 CLASSES \*\***

### KIHON (BASIC TECHNIQUES):

- **Knifehand Block**—Shuto Uke
- **Side Hammerfist Strike**—Yoko Tettsui Uchi
- **Side Knifehand Strike**—Yoko Shuto Uchi
- **Side Elbow Strike**—Yoko Empi Uchi
- **Inside Crescent Kick**—(Uchi) Mikazuki Geri
- **Outside Crescent Kick**—Soto Mikazuki Geri

### FOOTWORK (FORWARD & BACKWARD IN MOTION):

- **Step**
- **Double Step**
- **Shuffle Step**
- **Slide Step**
- **Cross Step**

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

**\*\* MANDATORY ATTENDANCE: 8 CLASSES \*\***

- **Taikyoku Shodan:** Demonstrate form with proper stances, power & rhythm. All punches chest level.
- **Taikyoku Nidan:** Demonstrate form with proper stances, power & rhythm. All punches head level.
- **Taikyoku Sandan:** Demonstrate form with appropriate attention to proper blocking, stance & punch level.
  - \* *Left & Right Directions: Middle Inside Block (in Back Leaning Stance) & Lunge Punch Chest Level*
  - \* *Front & Back Directions: Lower Sweeping Block (in Forward Leaning Stance) & Lunge Punch Head Level*
- **Pinan Shodan:** Demonstrate form with appropriate attention to proper blocking, stance & transitions.

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





# 8TH KYU GREEN BELT REQUIREMENTS

## SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 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. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

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

### STRIPE #3: KUMITE (SPARRING)

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

#### PRE-ARRANGED:

- **Ippon Kumite (One Step Sparring) #1-4**—Left & Right Foot Back
  - \* #1—Upper Rising Block, Reverse Punch
  - \* #2—Middle Outside Block, Reverse Punch
  - \* #3—Lower Sweeping Block, Reverse Punch
  - \* #4— Middle Inside Block, Roundhouse Knifehand Strike, Pull Hand Back, Roundhouse Elbow Strike
- **Sanbon Kumite (Three Step Sparring) #1-4**—Right Foot Starts
  - \* #1—Upper Rising Block (3 Times), Reverse Punch
  - \* #2—Middle Outside Block (3 Times), Reverse Punch
  - \* #3—Lower Sweeping Block (3 Times), Reverse Punch
  - \* #4—Middle Inside Block (3 Times), Roundhouse Knifehand Strike, Roundhouse Elbow Strike

#### STRATEGY (IN MOTION WITH PARTNER):

- SA (Single Attack)
- ABC (Attack By Combination)
- BC (Block Counter)— With Reverse Punch

**SPARRING EQUIPMENT IS MANDATORY BEYOND THIS LEVEL**

### STRIPE #4: SELF-DEFENSE

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

#### DEFEND AGAINST:

- **Front Double Shoulder Grab**—Palmheel the Nose / Knee Strike
- **Rear Double Shoulder Grab**—Side Stomp Kick the Knee / Side Elbow Strike / Hammerfist Strike
- **Rear Collar Grab**—Turn and Face Attacker / Rake the Eyes / Tigermouth the Throat / Knee Strike

#### BREAKFALLS (Level #2—Squatting):

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

**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.**