



9TH KYU GREEN 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. 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: 4 CLASSES ****

KIHON (BASIC TECHNIQUES):

- **Back Leaning Stance**—Kokutsu Dachi
- **Middle Inside Block**—Chudan Uchi Ude Uke
- **Snap Punch**—Kiagi Zuki
- **Jab Punch**—Kisami Zuki
- **Roundhouse Hammerfist Strike**—Mawashi Tetsui Uchi
- **Roundhouse Knifehand Strike**—Mawashi Shuto Uchi
- **Roundhouse Elbow Strike**—Mawashi Empi Uchi
- **Side Snap Kick**—Yoko Geri Kiagi
- **Side Thrust Kick**—Yoko Geri Kekomi

FOOTWORK (FORWARD & BACKWARD):

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

STRIPE #2: *KATA (FORMS)*

**** MANDATORY ATTENDANCE: 4 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*

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) #1-3—Left & Right**
Foot Back
 - * #1—Upper Rising Block, Reverse Punch
 - * #2—Middle Outside Block, Reverse Punch
 - * #3—Lower Sweeping Block, Reverse Punch
- **Sanbon Kumite (Three Step Sparring) #1-3—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

STRATEGY (STILL WITH PARTNER):

- **SA (Single Attack)**
- **ABC (Attack By Combination)**
- **BC (Block Counter)— With Reverse Punch**
 - * Block Backfist Strike
 - * Block Reverse Punch
 - * Block Front, Roundhouse & Side Kicks

STRIPE #4: SELF-DEFENSE

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

DEFEND AGAINST:

- **Single Lapel Grab**—Hammerfist the Forearm / Elbow the Jaw / Side Stomp Kick the Knee
- **Double Lapel Grab**—Double Knifehand the Forearms / Clap the Ears / Knee Strike
- **Rear Double Wrist Grab**—Stomp the Foot / Back Kick the Knee / Arms Up

BREAKFALLS (Level #1—Sitting):

- **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.**