

**Renshinkan Shorinji-Ryu Karatedo
Rank Requirements**

6th Kyu Green Belt ~ 6 months

Basic Stances:	Shizen tai	Natural posture
	Zenkutsu dachi	front stance
	Shiko dachi	middle stance
	Renoji dachi	L stance
Basic Strikes:	Gyaku zuki	reverse punch
	Kukan zuki	turning punch
	Oi zuki	lunge punch
Basic Kicks	Mai geri	front kick
	Mawashi geri	round house kick (forward spinning)
	Sokuto geri	side kick (edge of heel)

5th kyu 1 purple stripe ~ 12 months

Neko ashi dachi	back stance (cat leg)
Kiba dachi	horse riding stance
Ushiro geri	back kick
Mikazuki geri	crescent kick
Kenshuho	9 strikes (fist hand ways/steps)
Tsuki kaeshi	4 forms (attack & defense)

4th kyu Purple belt ~ 18 months

Kosa dachi	cross leg stance
Hanmi dachi	half front stance
Kagi geri	hooking kick
Yakusoko kumite	37 forms (prearranged sparring)

3rd kyu 1 brown stripe ~ 24 months

Ushiro mawashi geri	backward spinning kicks (back, side, hook & crescent)
Ananku no kata	“light of the south”

2nd kyu Brown belt ~ 30 months

Tobi geri	jumping kicks (front, side & round)
Seisan no kata	13 fighting postures/half moon

1st kyu 1 black stripe ~ 36 months

Tobi nidan geri	double jump kicks (front & round)
Wansu no kata	“Chinese traveler/flying swallow”

Shodanho black belt candidate ~ 42 months

Jiyu kumite	free sparring
Chinto no kata	“Chinese sailor/fighting east”

Shodan 1st degree black belt ~ 54 months (15 yrs old)

Bogu kumite	armored sparring (full contact)
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