

**Gainesville Renshinkan Shorinji-Ryu Karatedo
Youth Rank Requirements**

10th kyu Blue belt

Basic Stances:	Shizentai	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
	Sokuto geri	side kick

9th kyu blue with black stripe

Neko ashi dachi	back stance
Ushiro geri	back kick
Zenshin kotai	7 forms (forward and back)

8th kyu yellow belt

Kiba-dachi	horse riding stance
Mikazuki geri	crescent kick
Kenshuho	9 strikes (fist hand ways/steps)

7th kyu yellow with black stripe

Kosa dachi	cross leg stance
kagi geri	hooking kick
tsuki kaeshi	4 forms (attack and defense)

6th kyu green belt

Hanmi dachi	half front stance
Ushiro mawashi geri	back spinning kicks (back, side, hook & crescent)

5th kyu green with black stripe

Neko dachi	cat stance
Tobi geri	jumping kicks (front, side & round)

4th kyu purple belt

Tobi nidan geri	double jumping kicks (front & round)
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3rd kyu purple belt with black stripe

Ananku no kata	“light from the south”
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2nd kyu brown belt

Wansu no kata	“Chinese traveler/ flying swallow”
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1st kyu brown with black stripe

Seisan no kata	“13 fighting postures/ half moon”
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Shodanho black belt candidate

Chinto no kata	“Chinese sailor/ fighting east”
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Shonen Shodan Jr 1st degree black belt (12 yrs old)

Yakusoko kumite	37 forms (prearranged sparring)
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