

## General Electives

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<b><u>kata - forms (2 credits each)</u></b>		
neko-buto shodan - Mitose's cat dance form 1		nai-hanshi shodan - Okinawan karate iron horse
neko-buto nidan - Mitose's cat dance form 2		nai-hanshi nidan - Okinawan karate iron horse
neko-buto sandan - Mitose's cat dance form 3		nai-hanshi sandan - Okinawan karate iron horse
wan-su		bassai dai
te-lung - kun tao Iron dragon form		Yang style Tai Chi Short form
KSR coat of arms exercise		Pinan shodan - peaceful mind form 1st level
alternate performance methodology of a kata		Pinan nidan - peaceful mind form 2nd level
	0	Pinan sandan - peaceful mind form 3rd level
KSR energy collection meditation		Pinan yondan - peaceful mind form 54th level
undo - Dance of the earth		Pinan godan - peaceful mind form 5th level
shudoso		
<b><u>weapons (2 credits each)</u></b>		
nunchaku		Toyama ryu no zen men no teki
sai kata		Toyama ryu no ushiro to mae no teki
tanto rolling pattern - knife		Toyama ryu no hidari migi shomen no teki
	0	Toyama ryu no sue mono girri ippon ryodan
Keishi ryu kata (5)		ma-ai no jo sandan - combative distancing form of the 4' staff 3rd level
Shindo munen ryu kata (12)		ma-ai no jo yondan - combative distancing form of the 4' staff 4th level
Seite gata (10)		ma-ai no jo godan - combative distancing form of the 4' staff 5th level
tameshigiri - test cutting		ma-ai no jo rokudan - combative distancing form of the 4' staff 6th level
<b><u>atemi waza - striking (0.5 credits each)</u></b>		
lppon ken tsuki - one knuckle punch		nukite - spear hand
hira ken - half fist		rolling punches - Wing Chun
ear cup		0
<b><u>keri waza - kicks (0.5 credits each)</u></b>		
	0	low back hook kick
jumping roundhouse kick		low roundhouse kick
jumping reverse roundhouse kick		split kick
flying side kick		scissor kick
jumping reverse front kick		360 jumping back kick
double roundhouse kick - low-high		low back thrust kick
jumping side kick		front twist kick
jumping crescent kick		yoko keage gerri - shovel kick
tornado kick - 360 jumping inside crescent kick		0

<b>concepts (0.5 credits each)</b>			
	shibumi		reishiki - etiquette
	shorei - encouragement		holistic theory: the eight, octagon, 8 subarts of kosho, eightfold path of budhism, the eight principles (from I-Ching)
	7-10 concept shown in bunkai and bag-work		the void
	ato uchi waza - feinting		move twice
	ma-ai - combative distancing		holistic theory: the three, three hand postures, body mind and spirit, etc...
	hyoshi - timing		holistic theory: the one, the way (tao)
<b>kohyo - healing arts (1 credits each)</b>			
	learn exact location and functions of the 6 yin shu points, BL-13, 14, 15, 18, 20, 23		trace the lung (Lu) and large intestine meridians (Li)
	diurnal Qi flow and elemental correspondances:		trace stomache (St) and spleen (Sp) meridians
	sooji chim - Korean hand therapy		trace heart (Ht) and small intestine (Si) meridians
		0	Trace bladder (Bl) and kidney (Ki) meridians
	know the 6 harmonies		trace pericardium (Pc) and tripple warmer (Tw)
		0	trace gall bladder (GB) and liver (Lv) meridians
	Know basic 5 element characteristics of wood element		The 4 command points: a) Lieche (LU-7) and b) Hegu (LI-4): When used together helps with common cold, allergies, facial symptoms, nasal congestion, sinus headache c) Zusanli ST-36: stomach ache, nausea vomiting d) Weizhong (BL-40): Lower back pain, ki deficiency
	Read Traditional Accupunture Vol. III (Worsley)		basic diagnosis (Dx) and treatment (Tx) of headaches
	know basic 5 element characteristics of earth		0
	know basic 5 element characteristics of metal		0
	know basic 5 element characteristics of water		0
	know basic 5 element characteristics of fire		0
	The 4 gates (2 points on each side = 4 points) - hegu (Li-4) and taichong (Lv-3) when used together and contra-laterally, they help reduce stress and tension from overplanning and exessive activity, a common problem.		
	Martial arts points and bunkai a) lieche LU-7, b) hegu LI-4, c) LI-8, 9, and 10, d) Quze LU-5		
	know 4 more martial arts applications for pressure points		

	0	
	0	
	0	
<b>densho - history (0.5 credits each)</b>		
Naha, Tomari, and Shuri (Okinawan Karate)		Takeda Sogaku - founder Daito Ryu Aiki-jujutsu
Chojun Miyagi (Okinawan Goju Ryu Karate)		Hironori Otsuka - founder of Wado Ryu
Jigoro Kano (Judo founder, kyu/dan obi)		Morihei Ueshiba - founder of Aikido
Gogen Yamaguchi (Japanese Goju Ryu Karate)		Choki Motobu - Okinawan karate, naihanchi, Mitose's uncle
Mas Oyama (kyokushinkai Karate)		General Choi Yong - co-founder of Tae Kwon Do
Gichin Funikoshi (Shotokan Karate)		Hwang Kee - co-founder of Tang-su-do, Moo Duk Kwon
eightfold path		0
Takuan Soho - unfettered mind, Zen-buddhist monk		
Miyamoto Musashi - Book of 5 Rings, ronin		
Yagyu Munenori - Family Traditions on the Art of War, swordsman		
Thomas Young Hanshi - Student of Mitose		
William Chow - Student of Mitose		
David LoPriore Sensei - Smith sensei's kosho teacher		
	0	
<b>breaking (1 credits each)</b>		
basic single break with hand		dropped speed break with hand
basic single break with foot		dropped speed break with foot
held speed break with hand		power break with multiple boards and spacers
held speed break with foot		power break with concrete spacer
2 break arrangement		double kicking break
3 break arrangement		0
4 break arrangement		0
low kicking speed break		0
<b>shodo (1 credits each)</b>		
ko -old		mu - no
sho - pine tree		shin - heart, mind
sho - encouragement		do - the way
rei - encouragement, dilligence		sho - pine
ryu - school of thought		chiku - bamboo
ken (kem) - fist		bai - plumb
ho (po) - law		in - yin
kara - empty		yo - yang
te - hand		sei - truth
kai - organization		other single kanji
ka - fire		other brush styles - tensho, reisho, kaisho, gyosho, sosho
sui - water		brush a phrase or paragraph
do - earth		4 treasures - sumi, suzuri, fude, kami
kin - metal		0

	boku - wood		0
	sumi-e orchid	other single sumi-e element	
	sumi-e bamboo	combined sumi-e and kanji or hiragana	
	sumi-e plumb blossom	brush words or phrases in hiragana	
	sumi-e chrysanthemum		0
	sumi-e daruma		0
	sumi-e shitake mushroom		0
	sumi-e mount fuji		0
<b><u>ne waza - ground techniques and throws (1 credits each)</u></b>			
	thrusting choke	triangle choke	
	rear naked choke (grab arm)	upa	
	rear naked choke (palm to palm)	passing the guard	
	guillotine choke	standing passing the guard	
	side naked choke		0
	omo plata - shoulder lock using legs	ude garami (americana) from the mount	
	arm bar from the guard	knee bar from inside the guard	
	arm bar from front		0
	arm bar from the mount		0
	kimura from the guard		0
<b><u>reading (2 credits each)</u></b>			
	The book of 5 Rings - Miyamoto Musashi		
	The Unfettered Mind - Takuan Soho		
	Family Traditions on the Art of War - Yagyu Munenori		
	The Art of War - Sun Tzu		
	Three Budo Masters - John Stevens		
	Hagakure - Yamamoto Tsunetomo		
	What is self Defense? Kenpo Jiu-Jitsu - James M. Mitose		
	True and Pure Karate and Kenpo - James M. Mitose		
	Kosho Ryu Kenpo. The Last Disciple - Bruce Juchnik		
	Kosho Ryu Kenpo. To Fall Seven Rise Eight - Bruce Juchnik		
	Strategies and studies of Kosho Ryu Kenpo - Bruce Juchnik		
	I-Ching		
	Tao Te Ching - Lao Tzu		