



Curriculum to achieve 7th kyu: Red belt

7th kyu

Total Credits: 23.5

Miscellaneous

kata - forms : 2 credits each

hachihenkei fusegi jutsu - octagon/escaping
hachihenkei gedan barai - octagon/block & counters
Taikyoku - empty hand
Tai Chi Short Form - 1 - 5

tachi - stances : 0.5 credits each

Kiba dachi - horse stance
Kokutsu dachi - back stance
L&R Front stance

atemi waza - striking : 0.5 credits each

oi tsuki - lunge punch
eye poke
triangle push

Releases/Self-Defense : 0.5 credits each

Straight-across Wrist grab L/R
Double grab to one Wrist
Step & kick groin

concepts : 0.5 credits each

the 90 - basic concept

denso - history : 0.5 credits each

James Masayoshi Mitose - 21st root master of KSR
Merrick Rosenberg Sensei - Simon sensei's teacher
Kevin Meisner Sensei - Smith sensei's teacher and head of
Shinbi Kai

general electives required

weapons : 2 credits each

Cinco terras - stick

Uke Waza - "blocks" : 0.5 credits each

age uke - rising block, = block
gedan barai - lower parry, grab ear and throw it away

keri waza - kicks : 0.5 credits each

mae geri - front kick
hiza geri - knee strike

interactive exercises : 1 credits each

zig-zag drill - basic
zig-zag drill - aiki yielding and off-balancing

kohyo - healing arts : 1 credits each

meridian - pathways of energy
tsubo - pressure point

ne waza - ground techniques and throws : 1 credits each

Side Fall



Curriculum to achieve 6th kyu: Orange belt

6th kyu

Total Credits: 25

Miscellaneous

kata - forms : 2 credits each

Mitose no-keiho

Advanced Octagon

Tai Chi short Form 6 - 10

tachi - stances : 0.5 credits each

fudo dachi - ready stance (immovable guardian)

Neko ashi dachi - cat stance

Zenkutsu dachi - front stance

atemi waza - striking : 0.5 credits each

shotei - palm hand

tetsui ken - hammer hand

elbow strike

Releases/Self-Defense : 0.5 credits each

Side pull, kick to knee

Hair release L/R

concepts : 0.5 credits each

12-6-3 theory

densho - history : 0.5 credits each

Yukinaga Konishi - Kyushu daimyo. Sent 5,000 samurai to destroy the temple

Kato Kiyomasa - kumamoto-jo daimyo. Killed Yukinaga
Bruce Juchnik Hanshi - student of Mitose and 22nd root master of KSR

general electives required

weapons : 2 credits each

Taikyoku - stick kata

Uke Waza - "blocks" : 0.5 credits each

shuto uke - knife hand block

ura chudan uke - reverse middle block, ice cream scoop

keri waza - kicks : 0.5 credits each

mawashi gerri - roundhouse kick

yoko/sobo geri -- side kick

interactive exercises : 1 credits each

3/8's drill

zig-zag drill - while striking

yubi dori - finger lock

kote mawashi - forearm turn-in

kote gaeshi - forearm reversal

kohyo - healing arts : 1 credits each

shiatsu - Japanese accupressure healing

anma - Japanese meridial massage

ne waza - ground techniques and throws : 1 credits each

Step behind heel

Step behind, hip



Curriculum to achieve 5th kyu: Yellow belt

5th kyu

Total Credits: 22.5

Miscellaneous

kata - forms : 2 credits each

Chonan

Tai Chi Short Form 11 - 15

tachi - stances : 0.5 credits each

juji dachi - figure 10 stance (crossed stance)
hangetsu dachi - half moon stance

atemi waza - striking : 0.5 credits each

gyaku tsuki - reverse punch (& cross)
baseball pitch strike
tate ken - vertical fist (jab)

Releases/Self-Defense : 0.5 credits each

Choke from front 1
Arm bar from behind
Bear hug, loosen up

concepts : 0.5 credits each

zig-zag - advanced

densho - history : 0.5 credits each

Kigan - praying hands
Kaishu - open hands
Hoken - covered fist

general electives required

weapons : 2 credits each

hachihenkei no jo - octagon with the jo (4' staff)

Uke Waza - "blocks" : 0.5 credits each

chudan uke - middle block, answer telephone upside down

keri waza - kicks : 0.5 credits each

mikazuki gerri - crescent kick
kake gerri - front hook kick

interactive exercises : 1 credits each

zig-zag drill - while kicking
zig-zag drill - against grabbing
zig-zag - other than horizontal
kagi - wrist lock
katate osae - hand press
kote hineri - forearm twist
gaeshi exercise - sword or jo

kohyo - healing arts : 1 credits each

meridial stretch & basic sotaijutsu

ne waza - ground techniques and throws : 1 credits each

Front Fall



Curriculum to achieve 4th kyu: Green belt

4th kyu

Total Credits: 23

Miscellaneous

kata - forms : 2 credits each

I-Hon

Tai Chi Short Form 16 -20

tachi - stances : 0.5 credits each

shiko dachi - square stance

ippon dachi - one point stance

atemi waza - striking : 0.5 credits each

shuto uchi - knifehand strike

upper cut

uraken uchi - back fist strike

Releases/Self-Defense : 0.5 credits each

Cross-arm wrist grab

Choke from front, finger to throat

concepts : 0.5 credits each

the 90 - advanced

7-10

densho - history : 0.5 credits each

pine - strength, health, friendship, happiness

bamboo - honesty, pliancy - humble study

plumb - courage, nobility, and beauty

general electives required

2 credits

weapons : 2 credits each

Ma-ai no jo shodan - combatitive distancing form of the 4' staff 1st level

Uke Waza - "blocks" : 0.5 credits each

keri waza - kicks : 0.5 credits each

sausai gerri - inner stomp

ushiro geri - back kick

interactive exercises : 1 credits each

strike-parry

interactive horiz octagon - joint locks, from/to 8 angles

interactive horiz octagon -strikes, from/to 8 angles

interactive horiz octagon -kicks, from/to 8 angles

chanbara - freestyle sword sparring

kohyo - healing arts : 1 credits each

water -> wood

ne waza - ground techniques and throws : 1 credits each

Ogoshi

Seoi Nagi



Curriculum to achieve 3th kyu: Blue belt

3th kyu

Total Credits: 22.5

Miscellaneous

kata - forms : 2 credits each

Pick one kata and show an alternative performance method

Tai Chi Short Form 21 - 25

tachi - stances : 0.5 credits each

sanchin dachi - three conflicts stance

atemi waza - striking : 0.5 credits each

haito - inner knife hand

haisho - inverted inner knife hand

Releases/Self-Defense : 0.5 credits each

Double Wrist Grab 1

Side Grab, step and take out knee

concepts : 0.5 credits each

reishiki - etiquette

kaizen - excellence

densho - history : 0.5 credits each

The eight arts of Kosho Ryu

general electives required

4 credits

weapons : 2 credits each

Ma-ai no jo nidan - combatitive distancing form of the 4' staff 2nd level

Uke Waza - "blocks" : 0.5 credits each

Isshynrhyu block variants

keri waza - kicks : 0.5 credits each

back hook kick

jumping front kick

interactive exercises : 1 credits each

strike-pary with weapons

interactive vertical octagon - sword

interactive vertical octagon - jo

interactive vertical octagon - open handed

interactive vertical octagon - tanjo

kohyo - healing arts : 1 credits each

ke (sedation or control) cycle - fire -> metal -> wood -> earth -> water

ne waza - ground techniques and throws : 1 credits each

Back Fall



Curriculum to achieve 2nd kyu: Purple belt

2nd kyu

Total Credits: 19.5

Miscellaneous

general electives required

4 credits

kata - forms : 2 credits each

weapons : 2 credits each

ki no kata - kosho energy kata

tanjo rolling pattern - sticks

Tai Chi Short Form 26 - 30

tachi - stances : 0.5 credits each

Uke Waza - "blocks" : 0.5 credits each

atemi waza - striking : 0.5 credits each

keri waza - kicks : 0.5 credits each

Releases/Self-Defense : 0.5 credits each

interactive exercises : 1 credits each

semi-freestyle bunkai - escaping arts
semi-freestyle bunkai - controlling arts
semi-freestyle bunkai - destructive arts
semi-freestyle bunkai - aruki waza, walking tricks
aruki waza (walking tricks)

concepts : 0.5 credits each

hyoshi - timing
ma-ai - combative distancing
taekyoku (taichi) - Grand Ultimate

kohyo - healing arts : 1 credits each

shu and shen point surf

densho - history : 0.5 credits each

ne waza - ground techniques and throws : 1 credits each

Tsurikomi Goshi (throw from choke attempt)

Punch, sweep



Curriculum to achieve 1st kyu: Brown belt

1st kyu

Total Credits: 20.5

Miscellaneous

kata - forms : 2 credits each

Tiki chodan

Tai Chi Short Form 31 - 35

tachi - stances : 0.5 credits each

atemi waza - striking : 0.5 credits each

Releases/Self-Defense : 0.5 credits each

concepts : 0.5 credits each

alignment
connection
go rin - 5 element theory

denso - history : 0.5 credits each

general electives required

4 credits

weapons : 2 credits each

Bo Kata

Toyama ryu no mae no teki - attack the front

Toyama ryu no migi no teki - attack the right

Uke Waza - "blocks" : 0.5 credits each

keri waza - kicks : 0.5 credits each

interactive exercises : 1 credits each

semi-freestyle bunkai - kansetsu waza joint locks
semi-freestyle bunkai - gerri waza, kicking
semi-freestyle bunkai - uke no waza, blocking
semi-freestyle bunkai - koshi nagae waza, hip/leverage throwing
throwing

kohyo - healing arts : 1 credits each

ne waza - ground techniques and throws : 1 credits each



Curriculum to achieve 1st dan: Black belt

1st dan

Total Credits: 24.5

Miscellaneous

kata - forms : 2 credits each

Tai Chi Short Form - 36 - 40

tachi - stances : 0.5 credits each

atemi waza - striking : 0.5 credits each

Releases/Self-Defense : 0.5 credits each

concepts : 0.5 credits each

shorei - encouragement

ato uchi waza - feinting tricks

densho - history : 0.5 credits each

David LoPriore Sensei - Smith sensei's kosho teacher

general electives required

6 credits

weapons : 2 credits each

Bo-Bo Kumite

Toyama ryu no hidari no teki - attack the left

Toyama ryu no ushiro no teki - attack the rear

Uke Waza - "blocks" : 0.5 credits each

keri waza - kicks : 0.5 credits each

interactive exercises : 1 credits each

martial examples each of the axioms of Kosho Ryu in enclosed summary

kohyo - healing arts : 1 credits each

Know overall concept for 5 element diagnosis

ne waza - ground techniques and throws : 1 credits each

Floating drop

Sacrifice



Curriculum to achieve 2nd dan: Black belt

2nd dan

Total Credits: 20

Miscellaneous

general electives required

14 credits

kata - forms : 2 credits each

Nai han no kata- Mitose family iron horse kata

weapons : 2 credits each

learn 2 credits worth of weapons

tachi - stances : 0.5 credits each

Uke Waza - "blocks" : 0.5 credits each

atemi waza - striking : 0.5 credits each

keri waza - kicks : 0.5 credits each

Releases/Self-Defense : 0.5 credits each

interactive exercises : 1 credits each

semi-freestyle bunkai - chosan waza, centering tricks
semi-freestyle bunkai - keiru waza, disappearing tricks

concepts : 0.5 credits each

kohyo - healing arts : 1 credits each

denso - history : 0.5 credits each

ne waza - ground techniques and throws : 1 credits each



Curriculum to achieve 3rd dan: Black belt

3rd dan

Total Credits: 24

Miscellaneous

and bring it to us

general electives required

8 credits

kata - forms : 2 credits each

weapons : 2 credits each

tachi - stances : 0.5 credits each

Uke Waza - "blocks" : 0.5 credits each

atemi waza - striking : 0.5 credits each

keri waza - kicks : 0.5 credits each

Releases/Self-Defense : 0.5 credits each

interactive exercises : 1 credits each

concepts : 0.5 credits each

kohyo - healing arts : 1 credits each

denso - history : 0.5 credits each

ne waza - ground techniques and throws : 1 credits each