



Curriculum to achieve 7th kyu: Yellow belt

7th kyu

Total Credits: 23

Miscellaneous

general electives required

kata - forms : 2 credits each (型/形)

hachihenkei fusegi jutsu - octagon/escaping
八边形防ぎ術

hachihenkei gedan barai - octagon/block &
counters 八边形下段払い

Taikyoku - empty hand 太极

Tai Chi Short Form - 1 - 5 太极

weapons : 2 credits each

Cinco terras - stick

tachi - stances : 0.5 credits each (立ち)

Zenkutsu dachi - front stance 前屈立ち

Kokutsu dachi - back stance 後屈立ち

fudo dachi - ready stance (immovable)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

age uke - rising block, = block 揚げ受け

gedan barai - lower parry, grab ear and throw it away

atemi waza - striking : 0.5 credits each

(当て身技/当身技)

triangle push

oi tsuki - lunge punch 追い突き/順突き

eye poke

keri waza - kicking techniques : 0.5 credits each (蹴り技)

mae geri - front kick 前蹴り

hiza geri - knee strike 膝蹴り

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

interactive exercises : 1 credits each

zig-zag drill - basic

zig-zag drill - aiki yielding and off-balancing

concepts : 0.5 credits each

the 90 - basic concept

kohou - healing arts : 1 credits each ()

meridian - pathways of energy

tsubo - pressure point

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

densho - history : 0.5 credits each (伝承)

Kevin Meisner Sensei - Smith sensei's

teacher and head of Shinbi Kai

James Masayoshi Mitose - 21st root master

of KSR

Dave LoPriore - Smith Sensei's original Kosho

teacher

Seoi Nagi- shoulder throw 背負投

juji gatame - Cross arm lock



Curriculum to achieve 6th kyu: Orange belt

6th kyu

Total Credits: 25

Miscellaneous

general electives required

kata - forms : 2 credits each (型/形)

weapons : 2 credits each

Mitose no-keiho

Taikyoku - stick kata

Advanced Octagon

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

Tai Chi short Form 6 - 10 太極

八辺形の杖

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

kiba dachi - horse stance 騎馬立ち

chudan uke- middle block 中段受け

Neko ashi dachi - cat stance 猫足立ち

ura chudan uke - reverse middle block, ice cream scoop

atemi waza - striking : 0.5 credits each

keri waza - kicking techniques : 0.5 credits each (蹴り技)

(当て身技/当身技)

shotei - palm hand 掌底

mawashi geri - roundhouse kick 廻し蹴り

tetsui ken - hammer hand 鉄槌拳

yoko/sobo geri -- side kick 横蹴り

empi uchi- elbow strike 猿臂打ち

shodo - calligraphy : 0.5 credits each (書道)

interactive exercises : 1 credits each

1 hour shodo class

3/8's drill

zig-zag drill - while striking

yubi dori - finger lock 指取り

kote gaeshi - forearm reversal 小手返し

concepts : 0.5 credits each

12-6-3 theory

kohou - healing arts : 1 credits each ()

shiatsu - Japanese accupressure healing 指圧

anma - Japanese meridial massage 按摩

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

densho - history : 0.5 credits each (伝承)

Yukinaga Konishi - Kyushu daimyo. Sent

5,000 samurai to destroy the temple

Kato Kiyamasa - kumamoto-jo daimyo. Killed

Yukinaga

Bruce Juchnik Hanshi - student of Mitose

and 22nd root master of KSR

Oogoshi - major hip throw 大腰

hadake jime - naked choke



Curriculum to achieve 5th kyu: Purple belt

5th kyu

Total Credits: 22

Miscellaneous

general electives required

kata - forms : 2 credits each (型/形)

weapons : 2 credits each

Chonan

Ma-ai no jou shodan - combative distancing form of the 4' staff 1st level 間合いの杖初段

Tai Chi Short Form 11 - 15 太极

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

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

shutou uke- knife hand block 手刀受け

atemi waza - striking : 0.5 credits each

keri waza - kicking techniques : 0.5 credits each (蹴り技)

(当て身技/当身技)

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

mikazuki geri - crescent kick 三日月蹴り
kake geri - front hook kick 掛け蹴り

shodo - calligraphy : 0.5 credits each (書道)

interactive exercises : 1 credits each

1 hour shodo class
1 hour shodo class

zig-zag drill - while kicking
zig-zag drill - against grabbing
zig-zag - other than horizontal
katate osae - hand press かたて おさえ
kagi - wrist lock
gaeshi exercise - boken or jou 返し

concepts : 0.5 credits each

kohou - healing arts : 1 credits each ()

zig-zag - advanced

meridial stretch & basic sotaijutsu

densho - history : 0.5 credits each (伝承)

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

Kigan - praying hands 祈願

Kouchi gari - small inner reap

Kaishu - open hands 開手

tsukikomi jime - thrusting choke

Houken - covered fist 抱拳



Curriculum to achieve 4th kyu: blue belt

4th kyu

Total Credits: 24

Miscellaneous

kata - forms : 2 credits each (型/形)

shudoso

Tai Chi Short Form 16 -20 太极

tachi - stances : 0.5 credits each (立ち)

sanchin dachi - three conflicts stance

ippon dachi - one -leg stance 一本足立ち

atemi waza - striking : 0.5 credits each

(当て身技/当身技)

shuto uchi - knifehand strike 手刀打ち

upper cut

uraken uchi - back fist strike 裏拳打ち

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

1 hour shodo class

concepts : 0.5 credits each

the 90 - advanced

7-10

densho - history : 0.5 credits each (伝承)

pine - strength, health, friendship,

happiness 松

bamboo - honesty, pliancy - humble study 竹

plumb - courage, nobility, and beauty 梅

general electives required

2 credits

weapons : 2 credits each

Ma-ai no jou nidan - combatitive distancing form of the
4' staff 2nd level 間合いの杖二段

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

sausai geri - inner stomp

ushiro geri - back kick 後ろ蹴り

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

kote mawashi - forearm turn-in 小手廻し

kote hineri - forearm twist 小手捻り

kohou - healing arts : 1 credits each ()

sheng (tonification, generation or creation) cycle - fire->

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

Osoto guruma - Large outer wheel

ude garami - Entangled arm lock



Curriculum to achieve 3th kyu: Green belt

3th kyu

Total Credits: 25.5

Miscellaneous

kata - forms : 2 credits each (型/形)

Pick one kata and show an alternative performance method

Nai han no kata- Mitose family iron horse kata

Tai Chi Short Form 21 - 25 太極

tachi - stances : 0.5 credits each (立ち)

shiko dachi - square stance 四股立ち

atemi waza - striking : 0.5 credits each

(当て身技/当身技)

haitou - inner knife hand 背刀

haishu - inverted inner knife hand 背手

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

1 hour shodo class

concepts : 0.5 credits each

reishiki - etiquette 礼式

kaizen - excellence 改善

Getting to the center pole

densho - history : 0.5 credits each (伝承)

The eight arts of Kosho Ryu

general electives required

4 credits

weapons : 2 credits each

Ma-ai no jou sandan - combatitive distancing form of the 4' staff 3rd level 間合いの杖二段

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

back hook kick

jumping reverse front kick

interactive exercises : 1 credits each

strike-pary with weapons

interactive vertical octagon - sword

interactive vertical octagon - jou

interactive vertical octagon - open handed

interactive vertical octagon - tanjou

kohou - healing arts : 1 credits each ()

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

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

ushiro goshi - rear hip throw

guillotine choke



Curriculum to achieve 2nd kyu: Brown belt

2nd kyu

Total Credits: 23.5

Miscellaneous

general electives required

4 credits

kata - forms : 2 credits each (型/形)

neko-buto shodan - Mitose's cat dance form
1

weapons : 2 credits each

tanjou rolling pattern - short sticks 短杖

Tai Chi Short Form 26 - 30 太极

nunchaku kata

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

atemi waza - striking : 0.5 credits each (当て身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

Front hook kick
flying side kick

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class
1 hour shodo class

interactive exercises : 1 credits each

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

concepts : 0.5 credits each

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

kohou - healing arts : 1 credits each ()

shu and shen point surf 舒, 神

densho - history : 0.5 credits each (伝承)

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

Tomoe nage - stomach throw

triangle choke



Brown with black stripe

Curriculum to achieve 1st kyu: Brown with black stripe belt

1st kyu

Total Credits: 25

Miscellaneous

general electives required

4 credits

kata - forms : 2 credits each (型/形)

weapons : 2 credits each

neko-buto nidan - Mitose's cat dance form 2

Bo-Bo Kumite

Tai Chi Short Form 31 - 35 太極

Toyama ryu no mae no teki - attack the front

戸山流の前の敵

Toyama ryu no migi no teki - attack the right

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

atemi waza - striking : 0.5 credits each (当て身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

shodo - calligraphy : 0.5 credits each (書道)

1 hour shodo class

1 hour shodo class

1 hour shodo class

interactive exercises : 1 credits each

semi-freestyle bunkai - kansetsu waza joint locks

semi-freestyle bunkai - keri waza, kicking 蹴り技

semi-freestyle bunkai - uke no waza, blocking 受け技

semi-freestyle bunkai - koshi nage waza, hip/leverage

semi-freestyle bunkai - aiki nagae waza, harmonization

concepts : 0.5 credits each

alignment

connection

go rin - 5 element theory 五輪

kohou - healing arts : 1 credits each ()

know the 6 harmonies

densho - history : 0.5 credits each (伝承)

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

kata Guruma - shoulder wheel

omo plata - shoulder lock using legs



Curriculum to achieve 1st dan: Black belt

1st dan

Total Credits: 23.5

Miscellaneous

general electives required

6 credits

kata - forms : 2 credits each (型/形)

neko-buto sandan - Mitose's cat dance form
3

weapons : 2 credits each

Michael Bernardo bo form #1

Tai Chi Short Form - 36 - 40 太极

Toyama ryu no hidari no teki - attack the left

戸山流の左の敵

Toyama ryu no ushiro no teki - attack the rear

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

atemi waza - striking : 0.5 credits each

(当て身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

shodo - calligraphy : 0.5 credits each (書道)

shodan shodo project

interactive exercises : 1 credits each

Be able to explain through words, martial bunkai

concepts : 0.5 credits each

shorei - encouragement 諸礼

ato uchi waza - feinting tricks

kohou - healing arts : 1 credits each ()

Know overall concept for 5 element diagnosis

densho - history : 0.5 credits each (伝承)

David LoPriore Sensei - Smith sensei's kosho
teacher

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)

kimura



Curriculum to achieve 2nd dan: Black belt

2nd dan

Total Credits: 20

Miscellaneous

general electives required

14 credits

kata - forms : 2 credits each (型/形)

weapons : 2 credits each

learn 2 credits worth of weapons

chatanyara no sai

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

atemi waza - striking : 0.5 credits each (当て身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

shodo - calligraphy : 0.5 credits each (書道)

interactive exercises : 1 credits each

semi-freestyle bunkai - chosin waza, centering tricks

semi-freestyle bunkai - keiru waza, disappearing tricks

concepts : 0.5 credits each

kohou - healing arts : 1 credits each ()

densho - history : 0.5 credits each (伝承)

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)



Curriculum to achieve 3rd dan: Black belt

3rd dan

Total Credits: 24

Miscellaneous

learn 8 credits of something from "outside"

general electives required

8 credits

kata - forms : 2 credits each (型/形)

weapons : 2 credits each

tachi - stances : 0.5 credits each (立ち)

Uke Waza - blocks/defensive techniques : 0.5 credits each (受け技)

atemi waza - striking : 0.5 credits each (当て身技/当身技)

keri waza - kicking techniques : 0.5 credits each (蹴り技)

shodo - calligraphy : 0.5 credits each (書道)

interactive exercises : 1 credits each

concepts : 0.5 credits each

kohou - healing arts : 1 credits each ()

densho - history : 0.5 credits each (伝承)

ne waza and nage waza - ground techniques and throws : 1 credits each (寝技)



Defensive Arts Plus General Electives

kata - forms: 2 credits each

Yang style Tai Chi long form	KSR coat of arms exercise
wan-su	bassai dai
te-lung - kun tao Iron dragon form	KSR energy collection meditation
undo - Dance of the earth	Pinan 1-5 - peaceful mind forms
nai-hanshi 1-3 - Okinawan karate iron horse	
bassai dai	
KSR energy collection meditation	
Pinan 1-5 - peaceful mind forms	

weapons: 2 credits each

nunchaku	Keishi ryu kata (5)	
tanto rolling pattern - knife	Shindo munen ryu kata (12)	
Toyama ryu no zen men no teki	Seite gata (10)	
Toyama ryu no ushiro to mae no teki	tameshigiri - test cutting	
Toyama ryu no hidari migi shomen no teki	ma-ai no jo 4-6	
Toyama ryu no sue mono girri ippon ryodan		0

atemi waza - striking: 0.5 credits each

ippon ken tsuki - one knuckle punch	nukite - spear hand	
hira ken - half fist	rolling punches - Wing Chun	
ear cup		0

keri waza - kicking techniques: 0.5 credits each

double roundhouse kick - low-high	yoko keage geri - shovel kick	
jumping roundhouse kick	split kick	
jumping reverse roundhouse kick	scissor kick	
low back hook kick	360 jumping back kick	
low roundhouse kick	tornado kick - 360 jumping inside crescent kick	
jumping front kick	front twist kick	
low back thrust kick		
jumping side kick		
jumping crescent kick		

interactive exercises: 1 credits each

sticky hands - various versions		
tachi-kumite - striking arts sparring		
ne-kumite - submission wrestling		
Chanbara		
Medieval European weapons sparring - Markland, DOGORHIR, etc...		

concepts: 0.5 credits each

shibumi	move twice	
shorei - encouragement	holistic theory: the three, three hand postures,	
7-10 concept shown in bunkai and bag-work	holistic theory: the one, the way (tao)	
reishiki - etiquette	priest-posture - preparatory arts.	

holistic theory: the eight, octagon, 8 subarts of kosho, eightfold path of budhism, the eight principles (from I-Ching)		0
the void		0
ato uchi waza - feinting		
ma-ai - combative distancing		
hyoshi - timing		
kohou - healing arts: 1 credits each		
learn exact location and functions of the 6 yin shu	The 4 gates (2 points on each side = 4 points) -	
diurnal Qi flow and elemental correspondances:	Martial arts points and bunkai a) lieche LU-7, b) hegu LI-4, c) LI-8, 9, and 10, d) Quze LU-5	
sooji chim - Korean hand therapy	know 4 more martial arts applications for pressure points	
trace the lung (Lu) and large intestine meridians	know basic 5 element characteristics of metal	
trace stomache (St) and spleen (Sp) meridians	trace gall bladder (GB) and liver (Lv) meridians	
trace heart (Ht) and small intestine (Si) meridians	Trace bladder (Bl) and kidney (Ki) meridians	
Know basic 5 element characteristics of wood	trace pericardium (Pc) and tripple warmer (Tw)	
Read Traditional Accupunture Vol. III (Worsley)	know basic 5 element characteristics of water	
know basic 5 element characteristics of earth	know basic 5 element characteristics of fire	
The 4 command points: a) Lieche (LU-7) and b)		0
basic diagnosis (Dx) and treatment (Tx) of headaches		0
	0	0
densho - history: 0.5 credits each		
Naha, Tomari, and Shuri (Okinawan Karate)	Mas Oyama (kyokushinkai Karate)	
Chojun Miyagi (Okinawan Goju Ryu Karate)	Gichin Funikoshi (Shotokan Karate)	
Jigoro Kano (Judo founder, kyu/dan obi)	eightfold path	
Gogen Yamaguchi (Japanese Goju Ryu Karate)	William Chow - Student of Mitose	
Takeda Sogaku - founder Daito Ryu Aiki-jujutsu	General Choi Yong - co-founder of Tae Kwon Do	
Hironori Otsuka - founder of Wado Ryu	Hwang Kee - co-founder of Tang-su-do, Moo Duk	
Morihei Ueshiba - founder of Aikido		0
Choki Motobu - Okinawan karate, naihanchi, Mitose's uncle		0
Takuan Soho - unfettered mind, Zen-buddhist		
Miyamoto Musashi - Book of 5 Rings, ronin		
Yagyu Munenori - Family Traditions on the Art of War, swordsman		
Thomas Young Hanshi - Student of Mitose		
shiwari -breaking: 1 credits each		
basic single break with hand	2 break arrangement	
basic single break with foot	3 break arrangement	
held speed break with hand	4 break arrangement	
held speed break with foot	low kicking speed break	
dropped speed break with hand	double kicking break	
dropped speed break with foot		0
power break with multiple boards and spacers		0
power break with concrete spacer		0
shodo - calligraphy: 0.5 credits each		
ko -old	other single kanji	
sho - pine tree	other brush styles - tensho, reisho, kaisho, gyosho,	

sho - encouragement		brush a phrase or paragraph	
rei - encouragement, diligence		4 treasures - sumi, suzuri, fude, kami	
ryu - school of thought			0
ken (kem) - fist			0
ho (po) - law			0
kara - empty			0
te - hand (手)			0
mu - no			0
shin - heart, mind		sumi-e orchid	
do - the way (道)		sumi-e bamboo	
sho - pine		sumi-e plumb blossom	
chiku - bamboo		sumi-e chrysanthemum	
bai - plumb		sumi-e daruma	
in - yin		sumi-e shitake mushroom	
yo - yang		sumi-e mount fuji	
sei - truth			0
kai - organization			0
ka - fire		other single sumi-e element	
sui - water		combined sumi-e and kanji or hiragana	
do - earth		brush words or phrases in hiragana	
kin - metal			0
boku - wood			0
to -sword, knife (刀)			0
	0		0
	0		0

ne waza and nage waza - ground techniques and throws: 1 credits each

upa		knee bar from inside the guard	
passing the guard		side naked choke	
standing passing the guard			0
heel hook			0
Boston Crab			0
Camel clutch			0

reading: 2 credits each

The book of 5 Rings - Miyamoto Musashi		True and Pure Karate and Kenpo - James M.	
The Unfettered Mind - Takuan Soho		Kosho Ryu Kempo. The Last Disciple - Bruce Juchnik	
Family Traditions on the Art of War - Yagyu Munenori		Kosho Ryu Kempo. To Fall Seven Rise Eight - Bruce Juchnik	
The Art of War - Sun Tzu		Strategies and studies of Kosho Ryu Kempo - Bruce Juchnik	
Three Budo Masters - John Stevens		I-Ching	
Hagakure - Yamamoto Tsunetomo		Tao Te Ching - Lao Tzu	
What is self Defense? Kenpo Jiu-Jitsu - James M. Mitose			0