

White to Yellow Curriculum

3 Points

1) Foundation

2) Learn How to Learn

3) Come to Class Regularly

Kokoro Series

- Empty your cup
- Shoshin Ryu is...
- Safety
- Dojo Etiquette
- Choices

Goshinjutsu *(Philosophy)*

Goshinjutsu Series

Basics (Kihon)

Stances (Dachi)

Mitsubi Dachi
Fudo Dachi
Zenkutsu Dachi
Kiba Dachi
Kokutsu Dachi

Blocks (Uke)

Chudan Uchi Uke
Chudan Soto Uke
Jodan Uke
Gedan Barai
Shuto Mawashi Uke

Strikes (Atemi)

Seiken Chudan Tsuki
Shuto Oroshi

Kicks (Geri)

Kin Geri
Mae Geri
Yoko Geri
Ushiro Geri
Mawashi Geri

Falling Skills (Ukemi)

Back Breakfall
Side Breakfall
Kneeling Front Breakfall

Monkey Rolls
Forward Rolls
Roll to Breakfall

Ground Techniques (Ne Waza)

Solo Drills

Shrimp
Wind Mills
Thread the Needle

Technical Stand Up
Hip Switch (Kesa-Gatame Kick)
Hip Rocker

Partner Drills

First Position Drill (part: a)

Self-Defense (Goshinjutsu)

Escapes, Wrist Locks, Arm Bars

Front Double
Straight
Across
Straight and Turned Over
Across and Turned Over

Chokes

Front
Side
Rear

Grabs / Attacks

Single Collar Grab
Double Collar Grab
Mugger's Hold
Rear Double Wrist Grab
Front Double Wrist Grab
(to Shiho Nage)

Throws (Nage Waza) *(Introduced as stationary, Optional: linear, circular)*

Ouchi Gari
Kouchi Gari
Deashi Harai
Osoto Gari

Kata

Henka Shodan
Pinan Shodan