

Rank Requirements

Yellow Belt

Shichikyu

Techniques

Stances

Attention Stance

Horse Stance

Cat Stance

Kneeling Stance

Front Stance

Kicks

Front Kick

Back Kick

Roundhouse Kick

Side Kick (Skipping & None)

Strikes

Full Punch

Half Punch

Knife Hand

Ridge Hand

Back Hand

Blocks

High Block

Inside Block

Outside Block

Down Block

Forms

Warm Up Waza

Kogeckis Waza

Hanshi Dan Ichi

Pauley Wazas

7 Basic Hand Strikes

Kiso Enshu

SanChin

Combat

None

Special

Understanding and layout of the dojo, discipline and respect found within the dojo.
The ability to teach basic techniques.

Rank Requirements

Green Belt

Rokkyu

Techniques

Review of all *Kihon* from yellow belt testing.

Stances

Stealing Stance Back Stance Ready Stance Diagonal Stance

Kicks

Shovel Kick Shadow Kick Axe Kick Crescent Kick (inside & outside)

Strikes

Hammer Strike Chicken Beak Heel Palm Forearm Strike

Blocks

Brush Block Grabbing Block Chicken Head Drawing the Sword

Weapon

Basic understanding of Escrima

Forms

Karumpha Neko Buto I Neko Buto II National Dance

Combat

1 on 1 (2 minutes) 2 on 1 (1 minute)

Special

Able to recite the Student Creed from memory.

Rank Requirements

Blue Belt

Gokyu

Techniques

Students may be asked to perform any and all techniques found in previous tests

Stances

Crane Stance Hour Glass Stance Tower Stance

Kicks

** Student will be asked to explain the aspects of the following kicks in detail*

Roundhouse Kick (inside & outside) Side Kick (thrusting & snapping) Front Heel Kick

Strikes

Spear Hand Tiger Claws Thumb Strike Fingers Like Knives

Blocks

Cross-Cover Block Wall Block Knife Hand Block

Forms

Shaolin Training Kata Shaolin Tiger Kata Aite Waza (1-4) Tenren Waza (1-5)

Combat

1 on 1 (2 minutes) 2 on 1 (1 minute) 3 on 1 (1 minute)

Special

This is the beginning of the intermediate group for training. These students should have more responsibilities and taking on a deep understanding of the martial arts.

Rank Requirements

Purple Belt

Yonkyu

Techniques

Students may be asked to perform any and all techniques found in previous tests

Kicks

Knee Strike

Toe Strike

Hook Kick

Weapons

Students will be able to give a detailed history of the Chizi Kun-Bo and able to apply them into a kata chosen by the Board of Review

Forms

Geki Sai Ich

Saifa

Bassai Dai

Shorei Mega

Nan Dan Sho

Combat

1 on 1 (2 minutes)

2 on 1 (1 minute)

3 on 1 (1 minute)

4 on 1 (1 minute)

Special

Student will have the skills to lead a full, well-disciplined class.

Rank Requirements

Brown Belt

Sankyu

Techniques

Students may be asked to perform any and all techniques found in previous tests. Student will also have to explain, in detail, the 3 levels of SanHoDo Budo and demonstrate a high level of understanding of it.

Weapons

Student will perform a demonstration using the Chizi Kun-Bo and Escrima. This demonstration shall include details on the history of the weapons, proper usage, repairs and maintenance of them, and anything else that the student wishes to add.

Forms

Student must be prepared to perform all kata found within our system. One kata will be chosen (at random) for the student to perform in the following ways

- 1- At medium speed to watch for details
- 2- At full speed
- 3- Done slowly with full explanation of every technique

Student will only be required to perform SanChin Kata and done with “Goju” testing

Combat

None

Special

Sankyu testing will be focused more on the details of the system and not the violence of it. Students will need to show a high level of academic knowledge of the martial arts and our system.

Rank Requirements

Brown Belt

Nikyu & Ikkyu

About these ranks:

These students should be preparing for their Shodans. Every technique, kata/waza, and bit of knowledge that they have should be reviewed in detailed. There is no testing for these ranks and the student should be notified openly during training when they have moved onto the next level. This judgement should be based on how close they are to their Yudansha.

Focus:

Training in Kenjitsu

Reviewing of all forms

Reviewing of all 75 techniques

Understanding of the 3 Levels of SanHoDo Budo

Special

In preparation for the student's Yudansha, the following should be done prior to the event:

1. Submit a letter of intent for Yudansha
2. Create a personal form. Must be written out step by step.
3. Practicing of the Yudansha Criteria and the belt exchange ceremony

Rank Requirements

Black Belt

Shodan

Day 1 Testing of the Techniques

Members testing will review each of the 75 techniques found in SanHoDo Budo. When the movement is called, the member will demonstrate the movement and explain the proper way of doing it. Key concepts should include the proper body parts involved, the location of targeting, and what happens after the movement.

Day 2 Testing of the Forms

On the second day of testing the student will be required to review every form found in our system. This includes both long and short forms.

For the long forms they will be done on an individual basis with brief explanations of the meanings behind all techniques. The student must also inform the Board on the history of each form as well as the purpose of the training found in it. The student will only be required to perform the form one time unless told otherwise.

When the student performs the short forms that student will have to perform them as an individual giving explanations on all techniques and perform them with a partner. The student will be allowed to pick their own partner and practice beforehand is highly advised.

A personal form will also be displayed at this time. The student will have to give an explanation to the meaning behind their personal form, supply a step-by-step instruction, and perform this form at least one time.

Day 3 Testing of Combat

On the third day of testing the student will go through different combat scenarios. These scenarios will be predetermined by the lead instructor and told to the student at least two weeks before the testing. This will be based on an individual needs, determined by the weak points in the student's personal training.

The only requirement that will be found in the combat scenario will be

1. The student will perform all scenarios to the best of their ability and with full power but the utmost control and discipline. At anytime the student is found to be undisciplined or out of control the testing will be terminated and a council meeting will be schedule on the student's behavior. Whatever judgment the council decides will be upheld.
2. Weapons will be included at some point during the combat scenarios. These weapons can be anything that the instructor determines and can be used at any point throughout the scenario.
3. Full power with use of control will be performed during this scenario training. Injuries still may occur. Any person who is included in this scenario must sign a specialty waiver releasing everybody from all liability. These waivers will be signed before any combat is allowed.

Rank Requirements

Black Belt

Nidan & Sandan

About these ranks:

There is no testing for these ranks and the member should be notified openly during training or special event when they have been promoted. The member should be actively teaching as well as still training themselves.

Focus:

- Student has demonstrated a willingness to advance both SanHoDo Budo and the club.
- Student can perform all forms (long and short) and knows details about each of them
- Student is actively teaches his/her own classes and/or dojo.

Special

- Student has training in tanto combat
- Is able to use all weapons found in SanHoDo Budo (Chizi Kun-Bo, Katana, Escrima, and Tanto) in combat with an advanced level of skill.

Rank Requirements

Black Belt

Yodan & Higher

About these ranks:

There is no testing for these ranks and the member should be notified openly during training or special event when they have been promoted. Ranks for Yodan and higher can only be granted based on what that person has given back to the martial arts and to their system. This can be done by a person that is 2 degrees higher ranked than them OR by 5 black belts of a 6th degree or higher.

Representation

Members that earn ranks higher than Sandan will be awarded the following colored belts to represent their rank. For those that are awarded Red & White Belts or a Red Belt can still wear their Black Belts at any time

Yodan	Black Belt
Godan	Black Belt
Rokudan	Red & White Belt
Schchidan	Red & White Belt
Hanchidan	Red & White Belt
Kudan	Red Belt
Judan	Red Belt