

# 10th Kyū

## Junior White Belt Curriculum - For Tip Test 1



All students must have a current Success Journal. The entire Seiyō-No Shorin-Ryū curriculum will be made available online soon. The purpose of the Success Journal is to check off the items you have learned. Once completed, your instructor will review with you and provide a taped "tip" on your belt. There are four taped tips you will receive at each check point in your rank. Once you have receive the fourth tip, you are ready to go up for review for 9th Kyū - White belt with yellow stripe.

Date	Category	Requirement	Japanese Term
	<input type="checkbox"/> Blocks	High Forefist Block	Age uke
	<input type="checkbox"/> Blocks	Low Forefist Block	Gedan barai
	<input type="checkbox"/> Blocks	Middle Forefist Block	Soto uke
	<input type="checkbox"/> General Knowledge	Basic meditation posture and breathing	
	<input type="checkbox"/> General Knowledge	Bowing and when to do it	
	<input type="checkbox"/> General Knowledge	Define Respect	
	<input type="checkbox"/> General Knowledge	Dojo	
	<input type="checkbox"/> General Knowledge	Dojo rules	
	<input type="checkbox"/> General Knowledge	Exercises and wrist exercises	
	<input type="checkbox"/> General Knowledge	How to care of uniform and belt, when to wear it	
	<input type="checkbox"/> General Knowledge	How to line up & Dojo set up	
	<input type="checkbox"/> General Knowledge	How to make a proper fist and part of hand used to strike	
	<input type="checkbox"/> General Knowledge	Kaicho	
	<input type="checkbox"/> General Knowledge	Maintain a current "Success Journal" and bring to each class.	
	<input type="checkbox"/> General Knowledge	Osu	
	<input type="checkbox"/> General Knowledge	Polite greeting	
	<input type="checkbox"/> General Knowledge	Respectful attitude (Sir, Ma'am, or Osu!)	
	<input type="checkbox"/> General Knowledge	Sensei	
	<input type="checkbox"/> General Knowledge	The 5 basic positions used in class	
	<input type="checkbox"/> Stances	Closed "V"	Masubi Dachi
	<input type="checkbox"/> Stances	Closed Parallel, Attention stance	Heisoku Dachi
	<input type="checkbox"/> Stances	Spread out stance, ready stance	Soto Hachiji Dachi
	<input type="checkbox"/> Step Sparring	One step 1	
	<input type="checkbox"/> Step Sparring	One step 2	
	<input type="checkbox"/> Step Sparring	One step 3	
	<input type="checkbox"/> Step Sparring	One step 4	

- Strikes
- Strikes
- Strikes

Forefist High Punch  
Forefist Low Punch  
Forefist Middle Punch

seiken jodan tsuki  
seiken gedan tsuki  
seiken chudan tsuki

Tip Date: \_\_\_\_\_

By: \_\_\_\_\_