

# Shoshin Ryu Yudanshakai Newsletter

July/August 2006

Vol. 14 Issue 4

## The Worst Word in the World

By  
Bryan Stanley

Perfection, there is no worse word. For fleeting moments perfection is thrilling, a perfect game in baseball, a perfect game in bowling, a perfect painting, a perfect song, a perfect moment. These opportunities come along so rarely, are so transitory, that when they show up, the experience becomes magical.

The other side of perfection is boredom, ennui, stagnation. What is more tedious than perfection? If perfect games were the rule in baseball, would people celebrate errors? If there was more than one Mona Lisa, would anyone go and see it? If every moment was the quintessential Zen moment, would dissonance be more valuable than harmony?

Perfection is way overrated.

Danzan Ryu is made up of a couple hundred techniques that its practitioners strive to perfect. Whether it is the first yawara technique presented to a novice or the last Shinjin technique presented by a judan, each jujitsuka carries within them the drive to achieve perfection of the movements and applications that the techniques present.

Is it worth it? Is it just a waste of time? Can any jujitsuka truly perfect a technique? According to Professor Roy Center, the answer is probably not, "I don't know if you can ever perfect a technique. I believe that you can always learn something new from it." That would seem to be the case. The deeper one delves into the source of a technique, the less one knows about it.

In a way a technique is like an onion, stripping down each layer reveals a new layer. Practice a technique long enough and something new will come to light, some new angle, some different application.

(See **Perfection**, continued on page **Five**)

## Mary Van Ry

By Prof. Ron Jennings

The US Military has determined that Mary Van Ry, age twenty-nine of KaishinKai Dojo, who recently returned from Iraq, experienced a deep depression brought on by Traumatic Shock Syndrome Depression and took her own life in May. According to her commanding officer, she was the third one in her unit to take this action.

There was a twenty-one gun salute at her funeral in Tacoma. One of her proudest achievements, and what her troops knew her for, was that Mary took care of everyone and brought everyone home. Yes, she took some casualties, but everyone came home alive.

The military will continue paperwork for Mary, and she will be posthumously promoted to the rank of captain. There was also a wake (modern version with pizza, beer, and JD) held at KaishinKai Dojo where fifty-eight of Mary's close friends celebrated her life and service.

We are all in shock and disbelief. Mary was very involved in Jujitsu and was at every camp and clinic her schedule allowed her to make. She had been practicing DanzanRyu for the past 9 1/2 years and was assistant instructor for KaishinKai Dojo at the Evergreen State College. Mary received her Black Belt in December of 2005.

Mary will be missed.

(More on Mary Van Ry, page **Three**)

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## Reunion Updates

### Tenative Schedule of Events: **Dan Zan Ryu Jujitsu at its Best** **Shoshin Ryu Reunion 2006**

#### **Friday, September 1, 2006**

6:00 - 9:00 Black Belt Classes - Amador Judo & Jujitsu Studio

#### **Saturday, September 2, 2006**

8:30-4:00 pm: Clinics - Pleasanton Hilton Banquet Rooms

6:00 -9:00 pm: Open Mat Available - Amador Judo & Jujitsu Studio

#### **Sunday, September 3, 2006**

##### Kata Contest:

8:00 am: Warm ups - Kata Competition - Pleasanton Hilton Banquet Rooms

9:00 am: Junior Kata Competition Begins

12:00 pm: Awards Juniors

1:00 pm: Senior Kata Competition

Awards Immediately Following Competition

##### Freestyle Contest:

8:00 am: Warm ups - Freestyle Competition - Pleasanton Hilton Banquet Rooms

9:00 am: Senior Freestyle Competition - Awards Following

1:00 pm: Junior Freestyle Competition - Awards Following

##### Banquet:

6:00 - 7:00 pm: No Host Cocktails

7:00 pm: Banquet Dinner

Dancing Following

### **Book Your Room Now**

On September 1, 2, and 3, Amador Judo & Jujitsu will host the Shoshin Ryu Reunion 2006, Dan Zan Ryu Jujitsu at its Best.

The event will be held at the Hilton Pleasanton at the Club, 7050 Johnson Drive, Pleasanton, CA 94588.

The Hotel has given us a confirmed rate of \$72 per night (make sure to indicate you're with Shoshin Ryu). For reservations call 1-800-HILTONS, or 1-925-463-8000.

The Hotel is located at the junction of the Interstate 580 and 680 Freeways, approximately twenty miles from the Oakland Airport, twenty-five miles from the San Jose Airport, and forty miles from the San Francisco Airport.

### **Contest Information**

Registration information can be found on the Shoshin Ryu Yudanshakai website at: <http://www.shoshinryu.com/newsevents.html>

Undoubtedly the competition has something for everyone as there are eleven junior divisions, starting with three year old jujitsuka; nine youth divisions for kids ages eleven to sixteen; six senior divisions; and five black belt divisions.

The fees for competing are \$50.00 per team entry \$30.00 per single entry. The deadline for registration is August 28, 2006, so get it turned in ASAP.

All entry fees must be paid prior to entering tournament. The fees are payable by check or money order to: Amador Judo & Jujitsu Studio.

Mail check and entry form to:  
Amador Judo and Jujitsu Studio  
847 Rincon Avenue  
Livermore, CA 94551

All forms, including the list of required techniques for the kata contest, can be found on the Shoshin Ryu website at:

<http://www.shoshinryu.com/newsevents.html>

### **Advertising**

Dojos or business wishing to advertise in the 2006 reunion brochure can contact Bryan Stanley at [SRYNNewsletter@aol.com](mailto:SRYNNewsletter@aol.com).

The cost of an ad is 100.00 for a full page, 50.00 for a half page, and 25.00 for a quarter page.

Please have your layout planned and indicate which ad space you would like to purchase.

Make all checks payable to Shoshin Ryu Yudanshakai.

## **Words for Mary**

By  
Sue Jennings

“How do I possibly eulogize my friend, my dojo ‘little sister’? I’ve thought about this for some time now. You chose a path far different than I’d ever imagined. It hurts to not have you in classes, in our home, and in our lives.

For Ron and me, you were part of a very special group - our black belts. This does not translate to only a rank one wears in a dojo. This equates to hours upon hours of intense workouts, education, massage, conventions, clinics, and camps. This counts for hours and hours of talking, sharing, laughing, and planning our futures together. As a black belt of KaishinKai Dojo you had planned to open your own school some day. Ron and I were helping to guide you in your path as a martial artist and friend. Ron saw you as a bright spot in his pyramid, one who would carry on teaching Danzan Ryu Jujitsu after we could not. We had faith in you and your abilities. You were a bright young lady with a future wide open to you. Your path was filled with obstacles, like all of our paths are, but they were ones that could have been conquered.

To have you, in your prime, taken from this existence, has been very difficult for all of us. I no longer have a female black belt to talk to one-on-one. I am missing my assistant instructor in the college program and at home. It’s been difficult holding classes without you in them. Your absence is felt in all. Finding someone you can trust with the welfare of a class of thirty students is not an easy task, and you took it in stride. You had no trouble being the drill sergeant to get those students doing what they needed to do, and you made it fun for everyone. Besides this, you shared part of yourself with the students and all of us. Everyone gained from having known you. You were a role model, and someone we can never replace.

But after classes, when we’d walk to the car together, I always enjoyed the talks and the goodbye hugs. If only I’d known our last hug was to be the final hug, I don’t think I would have let go. When you went to Iraq we were frightened for your safety and well being. We just did not realize that when you were back here with us, that we would possibly lose you. It just didn’t seem fair. But who ever said life is fair? Life is life.

Your life was not in vain, it was just shorter than we realized it would be. You did, however, pack a lot of life into your twenty-nine years. I’m proud of what you accomplished in your life...it’s just that you had such potential to accomplish so much more.

You will not be forgotten, but you sure will be missed.

Until our spirits meet again.

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## **Shoshin Ryu Yudanshakai Membership**

By  
Professor Jon Jacques

What is Shoshin Ryu Yudanshakai and why should I join? Is there value? What does the Ryu do for me? What can I gain from being a member? I was a member last year, why should I have to sign up again? These are but a few questions that deserve to be answered.

To answer the first question, Shoshin Ryu Yudanshakai is an organization that was created by Professor Mike Chubb and Professor Bill Fischer to serve a growing number of jujitsu schools. It is a central organizing body that exists to serve its members by providing help and education to further the expansion of Danzan Ryu Jujitsu.

Its mission statement has a three goals: to teach Danzan Ryu Jujitsu, to assist those who teach Danzan Ryu Jujitsu, and to recognize those that have come before us.

(See Membership, continued on page **Six**)

## Danzan Ryu Hall of Fame Prof. Antone Gonzalez

Inducted in 1992

Professor Antone "Tony" Gonzalez was a Judan and a member of the Board of Professors of the American Jujitsu Institute. He received his instructor's scroll from Professor Okazaki.

In addition to being a well known jujitsu teacher, Professor Gonzalez also taught Aikido. In his time he was a superb sport judo competitor.

### Yudansha Notes

#### Many Happy Returns

Capt. Dave Williams, Shoshin Ryu Yodan, has come home from Iraq. He spent a year in and around Tikrit.

During his time in Iraq, Dave was part of the firestorm that surrounded President Bush about pre-planned press conferences. For his part, Dave was one of the speakers during that press conference.

Welcome home Dave.

#### Friendship Games II

The second annual Friendship Games were contested on May 20, 2006. The competitions included both a sumo and randori contest.

Seventy-eight competitors jammed the gymnasium at Whittier Christian High School for the event.

On what turned out to be one of the hottest days of the year, contestants cranked the heat even higher by struggling for victory.

The sumo contest went first with competitors pushing and pulling each other around, in, and out of the sumo circle.

The randori contest took up most of the afternoon. Each contestant worked to not be pinned or thrown; consequently, most of the matches went for the entire time limit.

When it was all over, every contestant walked away with a participation medal and a certificate.

Thanks to Sensei Donn Hearn and Akita Martial Arts for putting on such a great event.

## Sensei of the Month

**Name:** Jason Spencer

**Rank:** Godan

**Dojo:** Ko Ryu Kan at the city of Rocklin Community Center.

**Years practicing the martial arts:** Twenty-six. Jujitsu for sixteen.

**Styles studied:** Shoalin Kung Fu, Kuk Sol Wan Korean Karate, Okinowan Karate Shorin Ryu, Budoshin Jujitsu, and Danzan ryu

**Favorite book:** *The Adventures of Huckleberry Finn* by Mark Twain

**Favorite food:** Chili – He's the reigning AJI chili cook off champion.

**Favorite Movie:** *Saving Private Ryan*

**Favorite Actor:** Jack Nickelson

**Favorite Actress:** Kate Beckinsdale

**Favorite Musical Artist:** Kevin Moore – he's a slide blues guitar player.

**Most memorable moment in the martial arts:** It was a black belt class where I was introduced to Shinyo. Emotions ran high on the mat and that one sticks out the most in my mind. It was not a happy memory, but it had the longest term effect on me. As far as changing my perception about what we were doing there and so in that sense, looking back now, it's a happy one.

**Favorite thing about practicing Danzan Ryu:** Now it's teaching. I like to see the changes that take place in my students. It's rewarding and that's why I do it. If it's about physically practicing the arts, I like the motion.

**Four famous people you'd like to invite to dinner:** Julius Caesar, Charlemagne, Albert Einstein, and Buddha.

**Biggest Inspiration:** My Sensei Ken Eddy. As a human being, I know no finer. His humility and lack of judgment of others, the ability to allow someone to do what they are doing and not think more or less of them, is something that I aspire to.

**(Perfection, from page One)**

Finding perfection in changing layers of application makes the struggle difficult at best. At least that is how Professor Sam Luke sees it, “Perfecting technique is a very elusive objective. Where is your point of reference? Are you comparing it to someone else?” Which raises a good point, is perfection subjective or objective?

If the goal is internal, then the struggle for perfection would only last until a jujitsuka felt they had done the art well enough for them at that moment. Would a perfect technique by a novice be the same as a perfect technique performed by an ikkyu?

At kata competitions judges regularly see perfect techniques. They give tens all the time. But that situation is clinical. It’s sterile. It’s not realistic. But it was perfect. Perhaps the team felt they had done it better in practice. Was what they presented to the judges still perfect? What if the next team comes along and does the same technique and they too get a perfect ten? Is one technique more perfect than the next? Is that possible?

It seems as though perfecting a technique is out of the question. However, what about perfecting a concept? What about taking the lesson that is taught by a technique such as balance or joint manipulation and perfecting that?

Professor Ken Eddy makes the point that while perfecting a technique may be out of the question, perfecting a concept is a little more realistic. In a self-defense situation the idea is to use principles not techniques, “The principle of the technique is what is being utilized in this situation not the technique itself. So you can perfect the concept of a principle and apply it to anything. That’s what I think Danzan Ryu is about. That’s what I think jujitsu is about. A principle can be applied to anything, a technique can’t.”

Concepts are like the building blocks of Danzan Ryu. The struggle to perfect those concepts is a lot like evolution, “I think you can come to a greater understanding of a concept as you move forward.” Said Sensei Mike Whitaker, “There is always going to be some level where a concept can go further. I’ll take it as far as I can, perfecting it so I will be able to use it effectively, fluidly, and efficiently. I’ll teach a bunch of other people and maybe one of them will take it further than I took it.”

By perfecting the concept, the system flourishes. The arts become vibrant; techniques have new meanings and applications. Each generation builds upon the mistakes and successes of previous generations and the art changes. The struggle to achieve perfection makes the art stronger and more alive.

It may be possible to perfect a concept and not a technique, but what do we get from all these attempts to perfect anything? Is there a payoff? According to what Professor Okazaki wrote in “The Esoteric Principles of Judo”, “...the primary objective of practicing Judo is the perfection of character.”

Ultimately, do constant attempts to perfect a technique or a concept lead to the perfection of character?

Sensei Mike Whitaker thinks so, “I would say that if you are using the techniques and doing them over and over and over you end up looking at them from every possible angle. You end up making them better and better. That is what we are supposed to do with every part of our lives. So in that sense, yes, perfecting technique builds better character.”

He then took his thought to a higher level. By examining life away from the mat with the same scrutiny that one uses on it, it is possible to create a better character, “Am I doing the best I can for my neighbor? Am I doing the best I can for someone who needs someone? If I keep looking for opportunities and finding ways to be a better person, then yes. It works toward perfecting your character.”

As hopeful as Sensei Whitaker makes the search for perfection seem, his definition would still imply that the perfection of character is a life long process.

(See **Perfection**, continued on page **Seven**)

(Membership, from page **Three**)

The value of being a member is that we all come together throughout the year and meet at clinics and contests to share our knowledge of the art of jujitsu. Shoshin Ryu Yudanshakai serves as a central body to help set up contests and clinics on a national level.

It also seeks out instructors for our national events to give the art a fresh perspective for the students and senseis of our member schools. Many times I have heard someone say that they did not know that a particular technique could be applied in some new way. By constantly learning new techniques and applications for our jujitsu, we improve ourselves and our character.

The Shoshin Ryu Yudanshakai also serves as a governing body to insure quality instruction. It recognizes the ranks of the black belts who staff its dojos. There are too many instructors from other martial arts who make unjustified claims about what they know. How can one person claim to be a master of Jujitsu, Kung Fu, Tae Kwon Do, Karate, and Aikido? It would take a lifetime to master one or two of these intricate systems, yet we see this kind of advertisement plastered on the outside of marital arts studios everywhere. The yudanshakai certifies that its instructors know Danzan Ryu and the values that embody this organization.

The Shoshin Ryu Yudanshakai exists to serve its members. It provides access to instructional support and knowledge for each sensei to help them improve their current dojos and open new ones. It supports clinics and contests on the regional and national level. All this is possible with the support of its members. Shoshin Ryu can only do these things with your help, so please be sure to sign up each year.

## **Captain Dave Williams**

By

Michael Mares

On October 10, 2005, I was in Mexico and got a phone call from my sister. She said that she had just watched Captain David Williams talk to President Bush on CNN World. I went on-line and ended up at [www.Whitehouse.gov](http://www.Whitehouse.gov) to see Dave's picture – you can't miss him, everyone is wearing tan, except Dave who is in green, apparently he didn't get the memo. He did stand out and was quoted by every major news source around the world. His most copied quote was that the locals told him, that the Iraqi people are ready and eager to vote in this referendum. That next week he was spoofed on Saturday Night Live. First the President then SNL, that's a good week.

In all Dave spent roughly fourteen months in Iraq, not behind a desk but on daily operations with Special Forces and Airborne. He was working under General Steel, who made his name as Captain Steel from the movie Black Hawk Down. He had many close calls and obviously his garden angle was working over time. He was in daily contact with the Iraqi people to help them build schools, power plants, or anything to improve their daily lives.

I told David before he left not to be a hero. He was recommended for the Bronze Star, one of our nation's highest honors for heroism. His funniest moment was putting a Shoshin Ryu smackdown on some Army Rangers who had been through "combative training" and then teaching them jujitsu. Teaching is the cornerstone of David's life. He is a school teacher, he taught the Iraqi army, and he teaches jujitsu.

David has been my friend for twenty years, and he will never let you know that he talked with the President of the United States, and if you bring it up, he'll just shrug his shoulders. If you ask him why he went to Iraq, he would say he just wanted to make a difference and serve his country.

Thank you, Captain David Williams from a grateful country and a good friend.

## Words of Wisdom

“Even if a hundred ton boulder should fall, I would be safe! When I say this, everyone laughs and wonders how. No need to try and stop it, just move out of the way. You do not have a problem if you do not try to take it on yourself. Most people suffer because they try to take upon themselves things which they do not need to.” – Koichi Tohei

“Kind words can be short and easy to speak, but their echoes are truly endless” – Mother Teresa

## Coming Events

**July 15, 2006** – Region 1 Summer Kata Contest at South Coast YMCA at 29831 Crown Valley Parkway, Laguna Niguel, CA 92677. Registration begins at 1:00 and the contest starts at 2:00. Cost is ten dollars and a Shoshin Ryu membership is required. Membership can be purchased the day of the contest for twenty-five dollars.

**September 1, 2, and 3** – Annual Shoshin Ryu Yudanshakai Reunion “Danzan Ryu Jujitsu at its Best.” Held at the Hilton Hotel, 7050 Johnson Drive, Pleasanton, CA 94588.

## Promotions

### Jukyu:

Hunter Werder -- Danzan Ryu Jujitsu of Arizona

### Kukyu:

Jake Shaw – Ippon Judo and Jujitsu

Eric H.– Ippon Judo and Jujitsu

### Shichikyu:

Debbie Jewitt – Ippon Judo and Jujitsu

Sara Sanders – Ippon Judo and Jujitsu

Heartly Smith – Ippon Judo and Jujitsu

Steve Witty – Ippon Judo and Jujitsu

Breanna Wojcik – Ippon Judo and Jujitsu

### Gokyu:

Lance Carter – Ippon Judo and Jujitsu

Matt Shaw – Ippon Judo and Jujitsu

### Yonkyu:

Lora Hicks – Danzan Ryu Jujitsu of Arizona

David Pilaski – Danzan Ryu Jujitsu of Arizona

### Ikkyu:

Alan Ringel – Ippon Judo and Jujitsu

## Special Thanks

To all the souls who braved the traffic on the 91 to Riverside to make a great Black Belt workout. Special thanks goes out to Professor Dalrymple for his instruction and thanks goes out to Professor Gallegos for another inspiring warm up. Thanks to Professor Jaques for your assistance. See you guys at the next black belt workout in August.

Submitted by Sensei Mike Whitaker

## (Perfection, cont. from page Five)

No one is going to find a perfect character behind the next O Goshi or around the next Sunkaku Shime or after doing the Oku board for the hundred millionth time. It's just not that easy.

After practicing for nearly fifty years, Professor Roy Center has honed his definition of perfecting character to match his Hadaka Shime San, it's sharp enough to bring tears, “To me your character gets built by what you gain from practicing jujitsu. If you think, ‘AH HA! If I get this technique then I'm going to be a wonderful person!’ Well, maybe, but again, you might be the same asshole you were before you started. That's why I think that character is something that is inside of us all the time. We do the arts. We love the arts. When we do the arts with that love, it comes out to people and it shows what our true character is. The friends, the students, the relationships we build along the way, those show our character. It's not what we do with the arts; it's what the arts have led us to.”

The purpose of practicing jujitsu is perfection, not of technique or concept, but of character. We practice to be perfect, and even though perfection may be as elusive as the Holy Grail, it is what the art is about. The search for perfection strips away flaws and leaves the character that each jujitsuka has developed along the way.

# Shoshin Ryu Yudanshakai

Presents:

## Reunion 2006

In honor of  
Professor Ray Law  
September 1 - 3, 2006,  
Pleasanton, California,

at the

**Hilton Pleasanton at the Club**  
7050 Johnson Drive, Pleasanton, CA 94588

The Hotel has given us a confirmed rate of \$72 per night  
(make sure to indicate you're with Shoshin Ryu)

For reservations call 1-800-HILTONS, or 1-925-463-8000

The Hotel is located at the junction of the Interstate 580 and 680 Freeways,  
approximately 20 miles from the Oakland Airport, 25 miles from the San Jose  
Airport, and 40 miles from the San Francisco Airport.

There will be a day of clinics on Saturday

Contest on Sunday

Banquet Sunday evening

“Danzan Ryu at its Best” is the theme for this year’s event. This promises to be one of biggest gatherings of Shoshin Ryu Yudansha in years. The best and brightest of the Ryu will be sharing their secrets with our members.

Professor Jon Jacques  
Shoshin Ryu Yudanshakai



# Kata Contest



South Coast YMCA  
29831 Crown Valley Parkway  
Laguna Niguel, CA 92677

Hosted by Sensei Ed Bederov  
July 15, 2006  
Registration 1:00pm to 2:00pm  
Contest 2:00pm - 5:00pm

**Contest Fee: \$10 per person**

**Shoshin Ryu membership required  
(You may sign up the day of the contest)**

**Membership \$25**

# Division Requirements for Jujitsu Kata Competition

## **Youth Novice 6-8 years:**

- \* 4 Strength/Coordination Techniques
- \* 4 Rolling/Falling Techniques
- \* 2 Open Techniques (excluding Constriction, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

## **Youth Novice 9-10 years:**

- \* 2 Strength/Coordination Techniques
- \* 2 Rolling/Falling Techniques
- \* 2 Hand Techniques
- \* 1 Throwing Technique
- \* 1 Constriction Technique
- \* 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

## **Youth Novice 11-13 years:**

- \* 2 Rolling/Falling Techniques
- \* 2 Hand Techniques
- \* 2 Throwing Techniques
- \* 2 Constriction Techniques
- \* 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

## **Youth Novice 14-16 years:**

- \* 2 Rolling/Falling Techniques
- \* 2 Hand Techniques
- \* 2 Throwing Techniques
- \* 2 Constriction Techniques
- \* 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

## **Adult Hachikyu-Rokkyu (8<sup>th</sup> -6<sup>th</sup> Kyu) :**

- \* 2 Hand Techniques
- \* 2 Throwing Techniques
- \* 2 Constriction Techniques
- \* 2 Open Techniques (excluding Strength/Coordination, Weapon, and/or Multiple Attack Techniques)
- \* Combat Scene

## **Adult Sankyu-Ikkyu (3<sup>rd</sup>-1<sup>st</sup> Kyu)**

- \* 1 Hand Technique
- \* 1 Throwing Technique
- \* 1 Constriction Technique
- \* 1 Combination Technique
- \* 1 Reverse Technique
- \* 1 Weapon Technique
- \* 2 Open Techniques (excluding Strength/Coordination, Rolling/Falling Techniques)
- \* Combat Scene

## **Youth Intermediate 6-8 years:**

- \* 2 Strength/Coordination Techniques
- \* 2 Rolling/Falling Techniques
- \* 2 Hand Techniques
- \* 1 Throwing Technique
- \* 1 Constriction Technique
- \* 2 Open Techniques (excluding Constriction, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

## **Youth Intermediate 9-10 years:**

- \* 2 Rolling/Falling Techniques
- \* 2 Hand Techniques
- \* 2 Throwing Techniques
- \* 1 Constriction Technique
- \* 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

## **Youth Intermediate 11-13 years:**

- \* 2 Hand Techniques
- \* 2 Throwing Techniques
- \* 2 Constriction Techniques
- \* 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)
- \* Combat Scene

## **Youth Intermediate 14-16 years:**

- \* 2 Hand Techniques
- \* 2 Throwing Techniques
- \* 2 Constriction Techniques
- \* 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)
- \* Combat Scene

## **Adult Gokyu-Yonkyu (5<sup>th</sup>-4<sup>th</sup> Kyu)**

- \* 1 Hand Technique
- \* 2 Throwing Techniques
- \* 2 Constriction Techniques
- \* 1 Combination Technique
- \* 2 Open Techniques (excluding Strength/Coordination, Weapon, Advanced and/or Multiple Attack Techniques)
- \* Combat Scene

## **All Black Belt Divisions**

- \* 1 Hand Technique
- \* 1 Throwing Technique
- \* 1 Constriction Technique
- \* 1 Combination Technique
- \* 1 Reverse Technique
- \* 1 Weapon Technique
- \* 1 Advanced Technique
- \* 1 Multiple Attack Technique
- \* 2 Open Techniques (excluding Strength/Coordination, Rolling/Falling Techniques)
- \* Combat Scene