

**ALL JAPAN
SHITO-RYU KARATE-DO SEIKOKAI
ASSOCIATION**



INTERNATIONAL

www.shitoryuseikokai.com

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Training for kyu grades

The chief instructor of each country has a fair bit of leeway on how to train and grade his students. As an organization Shito Ryu Seiko Kai International is mostly concerned with the competence and quality of its black belts. This article will give you an idea about the systems we use in Canada and Japan and how we have differentiated them.

The basic kata and kihon kumite we use in Canada are described in detail on the Canadian Hombu dojo website at <http://www.shitoryu.net/> in the "Basics" folder. In Canada we use 16 basic kata plus one advanced basic kata for black and brown belts. When Suzuki sensei started Shito Ryu Seiko Kai, he made three basic kata, which are kata 4, 13 and 16 under the Canadian system.

In Canada Sato sensei and his senior students realized that Canadian students do not like to repeat the same kata over and over again and that they want to feel that they are learning something new for every test. So for each belt level there is a new set of basic kata and a Pinan kata is added one for each level after white belt.

Suzuki sensei decided that in kihon kumite each student has to make up his or her own technique. In Canada we decided that for Canadians it is better to have set techniques for the lower levels (white through orange)

and that once the students have better knowledge of karate, they can make up their own (green belt and up).

In Canada one of the requirements for the yellow belt test is some knowledge of the Japanese terminology, of course in Japan this is not necessary. We start sparring as part of the test only at the green belt level.

As Chief Instructor you can follow either system or make up one that you think is better suited to the mentality and expectations of the students in your country as long as your higher-level students are competent in Shito Ryu karate and understand the principles of Shito Ryu karate, when they reach black belt level.

In Canada and Japan we use 6 kyu levels, but that may also be adjusted for each country. In my own dojo, for example, I have started to use a yellow stripe for preschool students (4 and 5 years old). They have to pass a very simple test, but still have to show progress in order to get the stripe.

On the Canadian Hombu dojo website are also the kata we require for each black belt level. Bassai dai and Seiinchin are mandatory. You do not have to follow this system exactly but should require from your students that they have an equivalent knowledge or better when they test for a dan certificate.

Sri Lanka

The 7th Annual Seiko-Kai Cup & Asia Seiko-Kai Tournament will be on 25th & 26th September 2010 in Colombo Please contact Ruwan Sensei at ruwan@seikokaisl.org for information.

Seiko-Kai International

Japan, Canada, Argentina, Venezuela, Ghana, India, Sri Lanka, Nepal, Macau, Chile, Philippines, Australia, Iran, Saudi Arabia, Germany, Portugal, USA, Switzerland, Bangladesh, Bhutan