



# **The Ryukoku Seidokan USA CHAPTER**

REV1.0



## USA Chapter

This Addition is to compliment the Ryukoku Seidokan Karate Kobudo Renmei's (RSKKR) Constitution and Bylaws of July 2009.

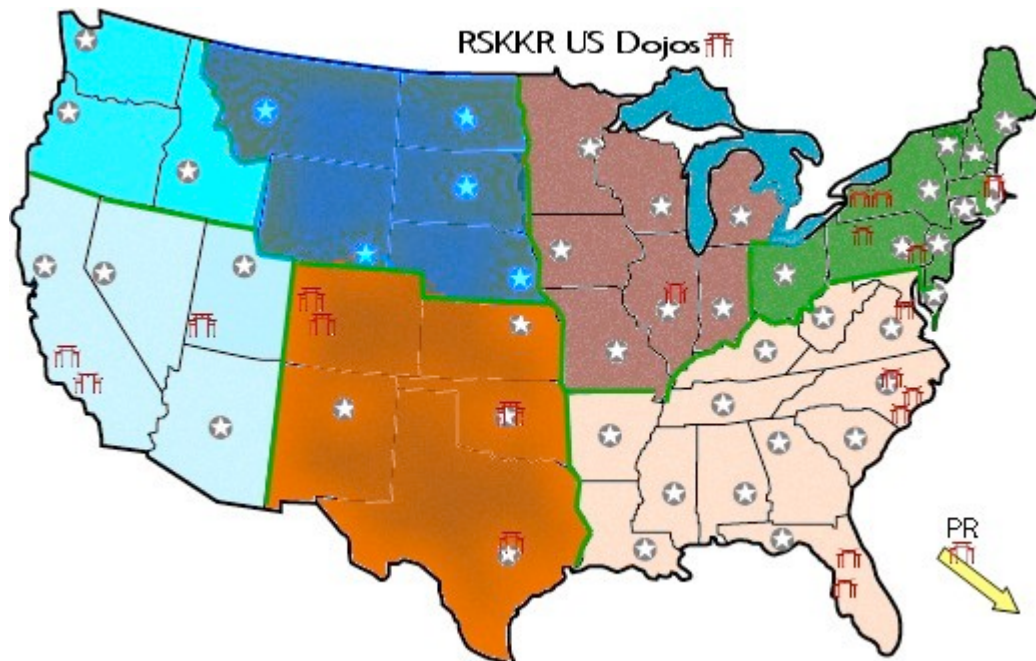
Justification: This document establishes an organizational structure within the United States of America to carry on the work of the Ryukoku Seidokan Honbu Dojo in Okinawa, Japan. This document is an interim provisional document until voted upon at the next National Conference.

- I. Declaration of the United States of America Chapter of the Ryukoku Seidokan Karate Kobudo Renmei (USA-RSKKR).** This establishes the USA Chapter, here after referred to as 'Chapter', to be subordinate to the seat of our karate system in Okinawa Japan and known as the RSKKR Honbu, here after referred to as Renmei, and Shian Toma himself, while he still lives. The Renmei is subordinate to Sensei Shian Toma's Zen Okinawa Seidokan Karate Kobudo Toide Renmei (ZOSKKTR). The Chapter organizes itself and defines the following regional divides, directors, technical advisors, and procedures to accomplish the work of Sensei Shian Toma and the Renmei here in the United States. It is not independent in its operation from the policies and procedures set down by the RSKKR Constitution and Bylaws passed on July 28<sup>th</sup> 2009 but will work within those bylaws, the Renmei Strategic Plan, and add its own policies as necessary.
- II. The Office of the Liaison** is defined in the Renmei's Constitution and Bylaws and is the Director of Operations for the Chapter. This individual is directly reportable to the President and is charged to oversee and coordinate the implementation of the Renmei's Strategic Plan and how the Chapter Plans integrate. Additionally, the Liaison serves to be the voice of the Chapter, addressing concerns and issues at every level. The Liaison is a permanent appointment and will remain current in all duties unless he/she resigns or is replaced, at the discretion of the President. The Liaison may serve simultaneously in other posts within any level of the Renmei as long as those duties do not create a conflict of interest.

### III. USARSKKR duties and responsibilities:

A. **Regions** are designated for the purpose of smaller manageable portions.

1. The following map shows the divisions into seven manageable regions.



(Add AK and HI)

#### 2. Region Breakdown:

- a. **North West Region (NW)** consists of Alaska, Washington, Oregon, and Idaho.
- b. **North Western Central Region (NWCR)** consists of Montana, Wyoming, North Dakota, South Dakota, and Nebraska.
- c. **West Coast Southern Region (WCSR)** consists of Hawaii, California, Nevada, Utah, and Arizona.
- d. **South West Region (SWR)** consists of Colorado, Oklahoma, New Mexico, Kansas, and Texas.
- e. **Central Region (CR)** consists of Minnesota, Iowa, Missouri, Wisconsin, Illinois, Indiana, Michigan, and Ohio.
- f. **North East Region (NE)** consists of Main, New Hampshire, Vermont, Massachusetts, New York, Pennsylvania, Rhode Island, Connecticut, New Jersey, and Delaware.
- g. **South East Region (SE)** consists of: Maryland, West Virginia, Virginia, Kentucky, Tennessee, Arkansas, Louisiana, Alabama,

Mississippi, Georgia, South Carolina, North Carolina, and Florida. Puerto Rico is included in SE Region until such time as PR becomes its own region along with other Caribbean entities.

- B. **Chapter Senior Leadership Counsel**, resides in the Chapters Country and is charged to form a body to govern the coordinated affairs of all Renmei sponsored Seidokan Dojos there in. These three oversight branches forming the Chapters Leadership Council are Liaison, Regional Directors, and Technical Advisors. No one branch is higher than another but all are co-equally created and each has their defined roles and work in conjunction with one another.

C. **Regional Directors**

1. Directors have been selected for defined dojo populated regions based upon their time in the Seidokan art, accomplishments, and willingness to extend themselves selflessly beyond their own dojo walls. They are selected from our dojo senior leadership and are respected in the Seidokan community. In regions where there are no Renmei sponsored Dojos there will not be a regional director assigned and it is considered undeveloped territory. The current regional directors are listed in Appendix A.
2. Position Description – to be the active voice and presence to the dojos within their areas, representing the Renmei Honbu, the Liaison, Renmei strategic plan, and educational policies. Additionally, they are stewards of dojo growth and propagation in the form of dojo visits, seminars, and special training sessions for the future generation of instructors inheriting Sensei Toma's Okinawa Seidokan Systems. Enlist outside members and dojos to convert to Okinawa Seidokan; manage the conversion and probation process to ensure quality recruitment.
  - a. Regional Directors Goals: Ensure that quality dojo training, seminars, and belt tests are conducted to grow RSKKR sponsored dojos along the Renmei and Chapter Strategic Plans.
  - b. Regional Directors are to:
    - 1) Make dojo visits when able.
    - 2) Coordinate participating dojos calendars to a standard testing schedule.
    - 3) Conduct testing boards for sankyu and higher.
    - 4) Implement additional seminars at the local dojo and regional levels.
    - 5) Disseminate Renmei policy and educational efforts.
    - 6) Grow Renmei member dojos.
    - 7) Oversee conversion dojos.
    - 8) Assist other Regional Directors as able.
    - 9) Participate and assist in National Conferences and encourage maximum participation from all dojos in their region.

#### D. Technical Committee

1. The Technical Committee members consist of technical advisors appointed by the RSKKR President. Their findings and efforts will be approved by Honbu Dojo for RSKKR international implementation and by USA Regional Directors for consideration into USA Conference, Regional Seminar, and local dojos. Or *The Technical Committee members consist of technical adviser appointed by the Chapter Liaison and Confirmed by the President. Their findings and efforts will be evaluated by the Chapter Liaison and forwarded to the Renmei Honbu for consideration to affect Renmei wide international plans. Within the Chapter Technical Committee results are evaluated jointly by the Liaison and Regional Directors for consideration into yearly Conferences, Regional Seminars, and local dojos. All Committee's efforts are accounted for in the Chapter's Strategic Plan.*
2. Appointment to the Technical Committee is ongoing until either the individual resigns or is replaced by the RSKKR President and/or Senior Leadership Counsel. Or *Appointment to the Technical Committee is ongoing until either the individual resigns or is replaced by the Senior Leadership Counsel of the Chapter.*
3. The RSKKR President will establish the Technical Committee's goals and communicate these to the Regional Directors; committee members will develop their own working plan of how to achieve these goals. Committee members will periodically monitor their working plan and report progress toward objectives to the USA Liaison and Regional Directors. Or *The Chapter Liaison will establish the Technical Committee's goals and communicate these to the Regional Directors. Committee members will develop their own working plan of how to achieve these goals. Committee members will periodically monitor their working plan and report progress toward objectives to the Chapter Liaison and Regional Directors.*
4. The Technical Committee will at a minimum:
  - a. Determine and define the key elements of each segment of Sensei Toma's family of arts (Karate, Kobudo, and Toide). Identify key Seidokan elements and distinguish those from acceptable individual variation. Or Determine and define the key elements of each segment of Sensei Toma's family of arts (Karate, Kobudo, and Toide). Ascertain the core performances and identify variations from established standards.
  - b. Identify learning strategies and categorize differing waza into relational groups for ease of learning.
  - c. Develop educational products for the purpose of RSKKR- wide dojo utilization.



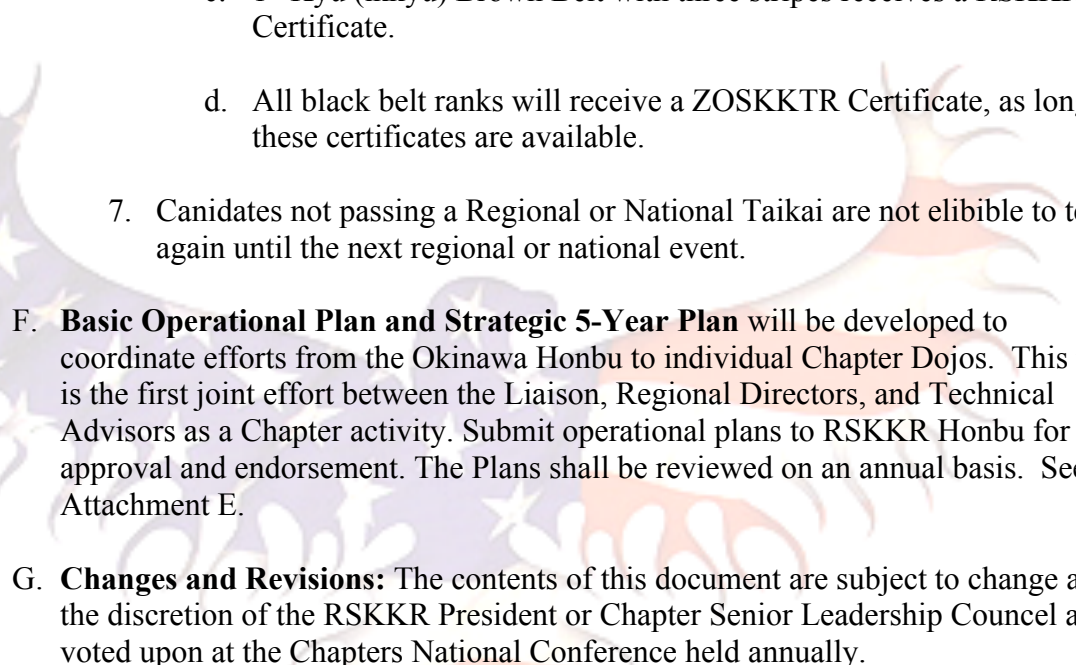
- d. Assist Regional Directors of any region, as able, in sponsoring seminars, testing boards, and training sessions.
- e. Current appointments to the position of Technical Advisor are in Appendix A.

E. **Testing Boards** will normally consist of a panel of five judges, but a minimum of three, all black belt members senior in rank to all karateka being tested.

- 1. Dojos are obligated to conduct pretesting at the local level. This ensures candidates are well prepared for a Regional and National Testing Boards ensuring their quality and ability to pass formal testing with out incident.

Testing Separations:

- 2. Individual Dojos are solely responsible for the testing of white through yellow belt ranks (9<sup>th</sup>~7<sup>th</sup> Kyu). Locally generated Dojo Certificates are recommended and testing fees go to the local Dojo.
- 3. When able, Regional testing boards will be responsible for the testing of Green belt ranks through the brown belt ranks (6<sup>th</sup>~1<sup>st</sup> Kyu).
  - a. Locally generated Dojo Certificates are recommended for 6<sup>th</sup>~4<sup>th</sup> Kyu and the testing fees go to the local Dojo. It is optional if the Dojo leadership wishes to substitute Renmei Certification in place of their Dojo Certificates. If the substitution is made the testing fees will be forwarded to the Okinawa Honbu.
  - b. Applicable RSKKR/ZOSKKTR Certification is required for 3<sup>rd</sup>~1<sup>st</sup> Kyu and testing fees go to the Honbu Dojo in Okinawa. Dojo Sensei may provide a local Dojo Certificate along with the Renmei Certification.
- 4. All black belt candidates testing for 1<sup>st</sup>~4<sup>th</sup> Dan will make every effort to attend and test at the National Conference. If a candidate is unable to attend the National Conference, then he/she may be tested at a Regional Board and along with video record of the performance be confirmed by the Honbu Dojo in Okinawa. All black belt testing fees for certification go to the Honbu Dojo in Okinawa.
- 5. Board judges will utilize the Renmei recommended minimum belt requirements as specified on the Renmei and/or Chapter websites. Or *Board judges will primarily utilize the Recommended Minimum Rank Requirements as specified on the Renmei or Chapter websites. If a dojo does not fall in line with these recommend guidelines, the rank requirements of the participants dojo will be honored utilizing the Renmei Principle Based Testing System (see Appendix D). Dojo variances in belt requirements from the recommended Renmei standard will be recorded and forwarded to Renmei Honbu for evaluation.*

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- a. Board judges are to be a fair representation of all dojos attending the testing event.
  - b. Board judges will grade participants in all areas of Seidokan disciplines to their appropriate levels utilizing a principle based testing system (see Appendix D), and at a minimum, will account for the following:
    - 1) Kihon – Basic stances, blocks, strikes, and kicks will be evaluated for correct postures and execution displaying proper form with no wasted motion.
    - 2) Kata/Kobudo – will be performed to standards outlined in Appendix B '*Seidokan Kata Performance Rules*' and demonstrate effective fighting applications (bunkai) as outlined in Appendix C '*Defining Bunkai in the Kata*'.
    - 3) Toide/Self-Defense – Correctness, effectiveness and efficiency.
6. Karateka passing Regional and National testing boards are eligible for ZOSKKTR or RSKKR Certification as applicable to the rank outline following.
- a. 3<sup>rd</sup> Kyu (sankyu) Brown Belt one stripe receives ZOSKKTR Certificate.
  - b. 2<sup>nd</sup> Kyu (nikyu) Brown Belt with two stripes receives RSKKR Certificate.
  - c. 1<sup>st</sup> Kyu (ikkyu) Brown Belt with three stripes receives a RSKKR Certificate.
  - d. All black belt ranks will receive a ZOSKKTR Certificate, as long as these certificates are available.
7. Candidates not passing a Regional or National Taikai are not eligible to test again until the next regional or national event.
- F. **Basic Operational Plan and Strategic 5-Year Plan** will be developed to coordinate efforts from the Okinawa Honbu to individual Chapter Dojos. This task is the first joint effort between the Liaison, Regional Directors, and Technical Advisors as a Chapter activity. Submit operational plans to RSKKR Honbu for approval and endorsement. The Plans shall be reviewed on an annual basis. See Attachment E.
- G. **Changes and Revisions:** The contents of this document are subject to change at the discretion of the RSKKR President or Chapter Senior Leadership Council and voted upon at the Chapters National Conference held annually.

## Appendix A

Appointments to Staff Positions in the USA Chapter of the RSKKR constitute the USARSKKR Senior Leadership Council.

Appointed to the position of USA Regional Directors are:

- 1) **North West Region (NW)** consists of Alaska, Washington, Oregon, and Idaho is unassigned.
- 2) **North Western Central Region (NWCR)** consists of Montana, Wyoming, North Dakota, South Dakota, and Nebraska is unassigned.
- 3) **West Coast Southern Region (WCSR)** consists of Hawaii, California, Nevada, Utah, and Arizona is overseen by **Juan Carbajal** of Bakersfield California.
- 4) **South West Region (SWR)** consists of Colorado, Oklahoma, New Mexico, Kansas, and Texas is overseen by **Rodney Grantham** of Cedaredge Colorado.
- 5) **Central Region (CR)** consists of Minnesota, Iowa, Missouri, Wisconsin, Illinois, Indiana, Michigan, and Ohio is unassigned.
- 6) **North East Region (NE)** consists of Main, New Hampshire, Vermont, Massachusetts, New York, Pennsylvania, Rhode Island, Connecticut, New Jersey, and Delaware are overseen by **Joe Diliberto** of Rochester New York.
- 7) **South East Region (SE)** consists of: Maryland, West Virginia, Virginia, Kentucky, Tennessee, Arkansas, Louisiana, Alabama, Mississippi, Georgia, South Carolina, North Carolina, and Florida are overseen by **Keith James** of Jacksonville North Carolina.

Appointed to the position of Technical Advisor are:

- 1) Chris Caggiano
- 2) Kurt Sieber
- 3) Eddy Schumacher
- 4) Mike Wysocki
- 5) Donnie Hayhurst



## Appendix B

### RSKKR Seidokan Kata Performance Rules

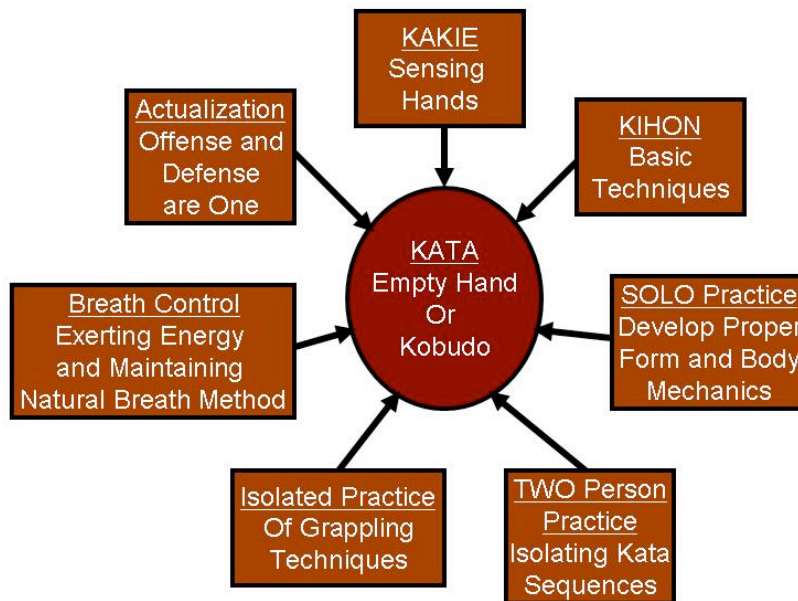
These Kata Performance Rules are derived from performance standards common to all Okinawan Karate, regardless of system or derivation. These were studied from Sensei Toma's performances and formalized for Renmei wide use by the USA Chapter's Technical Committee.

- 1) Kata is fighting and fighting is kata.
- 2) Breathing is the Natural Breath Method.
- 3) Stance provides balance.
- 4) Posture is upright but relaxed.
- 5) Engage our opponents with our spirit first (look before a turn).
- 6) Koshi (hip) generates all movement.
- 7) All stepping pulls/squeezes to the center and extends into the stance.
- 8) Foot generates balance.
- 9) Strikes and blocks exhibit a whipping characteristic.
- 10) No wasted motion.

## Appendix C: Defining Bunkai in the Kata

These Kata Bunkai Rules are derived from standards common to all Okinawan Karate, regardless of system or derivation. These were studied from Sensei Shian Toma's performances primarily and formalized for Renmei wide use by USA Chapter's Technical Committee.

### 7 Elements of Kata



Approach: Kata is Fighting and Fighting is Kata

- 1) Move out of the Way – Tai Sabaki.
- 2) Protect – Center Cover.
- 3) Control and disrupt your opponent's balance – Kazushi (distraction).
- 4) Attack – Strike (Ikken Haitsu) your opponent's vital areas.

Rules:

- 1) Should look as much as possible like the kata.
  - a. Strikes, blocks and angles in kata indicate the applications.
  - b. The bunkai should follow the line of movement indicated.
- 2) Stance is the same in kata and fighting application. However, the direction of attacking or stepping is malleable based on the opponent's relative position to adjust for angle and distance.

- 3) Generally not more than two opponents in a single bunkai set.
- 4) Bunkai may or may not necessarily begin or end in the obvious segments of the kata sequence, but may be continued in a new direction with the same opponent.

There are five general categories or levels of bunkai:

- 1) Omote Waza (traditionally: Gedan or Shodan Waza) – the move is exactly what it looks like overtly in kata.
- 2) Ura Waza (Chuden Waza) – the preparation or reverse action of the movement becomes an integral part of application.
- 3) Kakushi Waza – (Hidden technique also known traditionally as Okuden Waza). – Less obvious applications such as grabbing/grappling. What appears to be a strike can be Toide, pressure point attacks, and a multiple of strikes in a single movement.
- 4) Henka Waza (variation or alternative technique) – The first three levels of bunkai are utilized in henka waza utilizing the same defensive movements but applying it to a different attack in either:
  - a. Angle
  - b. Weapon
  - c. Number of attackers, etc.
- 5) Sutemi Waza (literally to fall): Anytime we find ourselves in a disadvantageous position in relation to our opponent's attack, i.e., we are on our back or otherwise off-balance, the same kata hand and foot movements are performed as if we were standing.

## Appendix D: **Renmei Principle Based Testing System**

### **Board Member Instructions**

Goal of the Testing Board: to be as objective as possible in the completion of this form and provide a fair and unbiased testing session. Board Members ensure fairness, standardization, and an accurate measure of the testee's abilities. The utilization of the following testing forms will serve as a feedback mechanism to the Dojo Sensei and Testee for future growth and development. A copy of all results will for Shodan and above will be sent to the Honbu Dojo in Okinawa for filing in the practitioners permanent records.

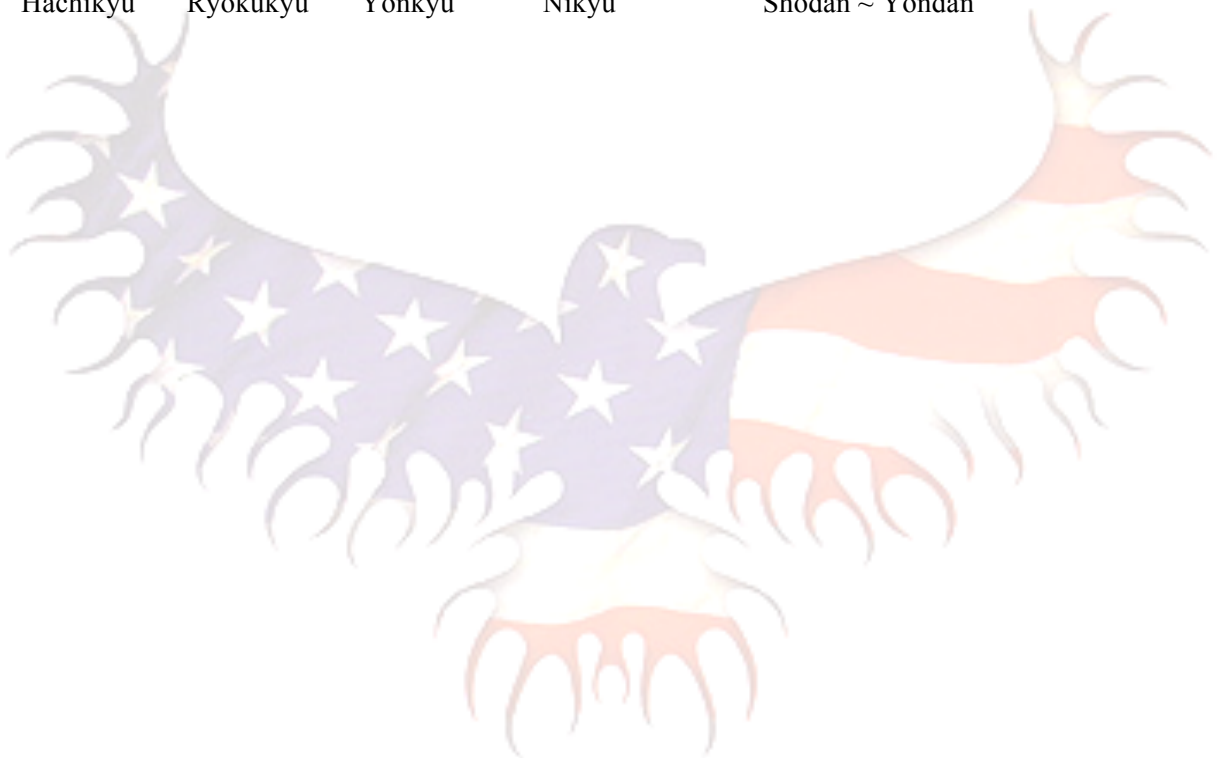
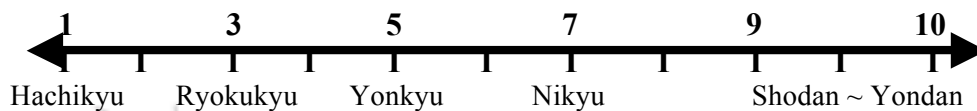
Applicable grading criteria are drawn from the Karate Principles common to all Okinawan Karate. Dojos will submit their rank criteria for promotion to the testing board chief in advance of the testing date. Boards will apply the following grading sheets to normalize testing based on the principles.

#### **Note:**

Dojos are not regulated to use the Seidokan Recommended Rank Requirements on the RSKKR Honbu Website ([RyukokuSeidokan.com](http://RyukokuSeidokan.com)) but may use their own rank requirements as they reasonably fall within the parameters of Mainstream Seidokan performance.

Testees are graded on a system from 1 to 10 in particular elements. To pass this exam, candidates must score a total average of the numerical value lining up with the rank testing for.

**i.e., Balance**



# Testing Guide of Principles for Board Members Karate, Kobudo, and Toide

## **Empty Hand and Kobudo Kata**

**Ashi (Stepping)** – The step is performed by drawing in the leg and following foot by squeezing the inner thigh muscles to a centered point underneath the shoulder circumference and then extending the step into the next stance using the outer thigh muscle of the stationary/driving leg. It is common to think the cat stance for instance is achieved as the stance between stepping between two longer stances. Rather the feet and legs should center under the shoulders at the transition point of all steps and turns. A sign of this not happening is the head and shoulders counter swaying to the sides as the foot comes straight forward instead of the inward arc. Indicators of this happening, other than the obvious inward arc of the step, is the head and shoulders are centered through the process of stepping.

**Balance** – Foot generates stability and still light enough for mobility. Shorin Ryu is a light footed style where a sheet of paper is said to exist between the floor and the heels. Balance is prime when the body is stable because weight distribution and angles of the posed legs postures support it. This includes proper placement and alignment of all stances and transitions.

**Breathing Control (Natural Breathing Method)** – Basic breath control is when the practitioner clearly demonstrates he is breathing out on execution movements and inward on retraction. As breath control advances multiple movements are performed as a combination with the combined executions utilizing the outward breath. Inward breaths then are reserved for the interval between opponents and the practitioner is pacing himself for the endurance game. The practitioner is in total control of his/her breath instead of the body gasping for air because it is oxygen starved.

**Efficiency** -- No wasted motion. Streamline execution of one perfect technique to another. Examples that would take the score down could be the hand opens and close unnecessarily between two closed fist techniques, cheater steps in kata, over exaggerated movements for show, or any extraneous movement not in the core kata that does not support any practical bunkai application.

**Koshi** – Power generation is initiated in the hip. The hip should lead all punches, kicks, blocks, steps, and turns in execution and reverse the motion with the hip initiating the retraction. All movement is generated first by the hip and the rest of the body follows out to the extremities. If this is performed in proper coordination the whipping characteristic is evident ( See Whipping Charastic following).

**Kata is Fighting, Fighting is Kata** – The individual movements and combination of techniques within the practitioner's kata can be utilized for realistic self defense. They demonstrate to a near lethal use as evidence in the practitioners focus, speed, power, control, and efficiency thus making it effective karate. During kumite (if appropriate for the testing level), fighting moves replicate kata in terms of the same principles explained in this document.



**Posture (Upright but relaxed)** – The posture as a rule is upright, back erect, as our fighting style is a centered posture system rarely using off balancing tactics of the practitioner. The exception would be evidenced in Passai Sho and Gojushiho. The shoulders are relaxed, chin pulled in, and the movements are performed without tilting or bobbing, keeping the torso upright, but relaxed (head transitions from one stance to another without giving a temporal reference).

**Spirit Engagement** – The practitioner should first look in each new direction prior to a turn being performed. This is to accomplish an instantaneous survey the scene to determine the threat, gauge the opponents speed, and choose the appropriate counter. Board members look at the eyes to see if the practitioner is actualizing the fight in their mind, thus measuring the spirit. The gaze is open and forward ("thousand mile stare"), not glancing, wandering, or downward.

**Whipping Characteristic** – Strikes, blocks, and kicks (except for thrusting kicks such as yoko geri kekomi) exhibit a whipping characteristic. This is the end result of the Koshi generated movement from the hips. Whipping can not be achieved if there is no retraction of the hip after execution of a technique, or relaxation of the striking/blocking limb. Whipping is not only the evidence of proper Koshi but of the display of piercing power. If snap or thrusting power is noticed then whipping will not be present.

### **Bunkai Analysis**

**Attack (Ikken Hisatsu)** – Strike your opponent's vital areas deftly. There really is no such thing as a softening blow as the proper application of every strike to a vital area carries with it the potential to end the conflict; else the practitioner should not have executed this movement.

**Kata is Fighting** – The kata performance is practical for self defense and can be transmitted to a life threatening situation outside of the dojo with success. This principle should be evident in the overall spirit and performance of all techniques, not just kata.

**Kuzushi (comes from the verb KUZURERU, to break or fall)** – lit. translates to 'distraction' or 'inbalance'. Is the principle of disrupting the opponent's balance (sometimes termed as cutting the opponents balance) and disrupts not only his center movement but his mind as well. It is an integral part of every grappling technique and should be evidenced in every ballistic counter as well. If Kuzushi is integral in the technique then the practitioner will not be muscling the technique. The act of cutting the opponents balance greatly balances the bunkai into the defenders favor.

**Looks as much like the kata as possible** – Keeping the primary lines of attack, stepping on line or off line is malleable. The paths the hands travel in direction and form are usually maintained but their engaging the opponent can be performed to various targets as strikes, off balancing body manipulation, joint locks; while stepping could be stepping only or folding the stance of the opponent or be performing sweeps and reaps. Retracting techniques can be grabs and controls or re-chambering for additional striking.

**Protect in transition (Center cover)** – Seidokan Shorin Ryu's blocking and transitioning method of touching the arms together at the elbows posing one arm up in a middle block and one arm is the transitional cover. The top hand is noted covering the face and the lower hand covers the groin and abdomen. This is also used to the sides as "universal block position". This covering

transition always protects our middle when we are most vulnerable and in between two executions. Center covering also give us options and does not telegraph our counter until the moment of execution.

**Tai Sabaki** (Move out of the way) or **Peel the weapons to the outside** are the two basic methods that divide our principles into Shorin Ryu or Naha Te. In beginning ballistic bunkai we subscribe to maintaining the attack line and peeling the weapons to the outside (Naha Te). Later the practitioner progresses in their bunkai it assumes more of the Shorin Ryu method of Tai Sabaki.

### **Yakusoku Kumite (Prearranged Sparring)**

Ichi ban through Juichi ban (1~11) are the principle based Self Defense Sensei Toma set down in 1984. While performing these two person drills, practitioners are to perform them with determination and to a level of intensity while preserving both Tori and Uke safely. Correctness, efficiency, and effectiveness of each technique are evaluated. Karateka just walking through these techniques without a command of control over their opponent and displaying techniques that would not be effective in a real confrontation will score low. Karateka scoring high in this area will be those who command the engagement distance, by meeting the attack with the appropriate counter, cutting the balance, and subduing the attacker in a manner that would be effective in a real engagement. In essence all of the principles described above are measured in each of these brief conflicts in a two person coordination.

### **Kumite / Toide Demonstration**

Is a subjective category and optional at the discretion of the testing board. Any information gathered in this section has no bearing whether the candidate passes or fails. One must only fare well in free style kumite or Toide engagement and display the use of their own techniques against a viable opponent. The focus is not based on sport but on self defense and developing one's own viable fighting style, bearing in mind the principle that "fighting is kata".

### **Breaking**

Safety should be observed. Breaking should display the piercing type of force used which is a combination of snap and thrusting forces. Board members evaluate if proper technique made the break over the use of mere force.

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## USA RSKKR Rank Test Application



No. \_\_\_\_\_

Testee Name \_\_\_\_\_

Board Member \_\_\_\_\_

Rank Testing: \_\_\_\_\_

Designation: \_\_\_\_\_ Belt with \_\_\_\_\_ Black Stripes

Date of Last Test: \_\_\_\_\_ Time in Rank Requirement Met? Y/N

(Reference the Minimum Time In Rank Requirements on RyukokuSeidokan.com)

### Rated

**Kihon (Basics):** All postures, stances, hand and foot techniques are test worthy.

**Yakusoku Kumite (Prearranged Sparring):** Ichi ban through Juichi ban (1~11).

**Empty Hand and Kobudo Kata:** testable kata are those designated by the practitioner's dojo and/or the requirements on RyukokuSeidokan.com for the testing rank level. Board members at their own discretion may choose one additional kata from the curriculum for evaluation.

**Self Defense:** Participant must display the ability to defend against a variety of attacks. The sponsoring dojo/testee may subscribe to the RyukokuSeidokan.com identified self defense requirements or substitute their own similar self defense.

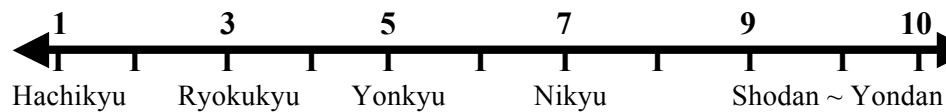
### Not Rated (Demonstration Only)

**Kumite/Toide:** Free style sparring and Toide demonstrations are optional depending on the Board Members entertaining a Dojo Sensei's request to include this in their students test. Safety considerations will be observed. This area of a test will bear no weight to pass or fail candidates test, as it is not promotional criteria. It is a demonstration event only.

**Tameshiwara (Breaking):** Is optional depending on the Board Members entertaining a Dojo Sensei's request to include this in their students test. Board Chairman will omit this demonstration if Safety Considerations are not being observed or any support stands/equipment are deemed dangerous. No testee should be requested to perform tameshiwara prior to completing medically determined adolescence! This area of a test will bear no weight to pass or fail candidates test, as it is not promotional criteria. It is a demonstration event only.

# Testing Score Sheets

## Principle/Element



## Kihon (Basics)

Correct Stance: foot positioned for balance	
Tsuri Ashi: stepping (center squeeze and extend)	
Koshi: hip initiated/generated movement	
Posture: erect but relaxed	
Spirit Engagement: focus/eye direction	
Economy: no wasted movement/efficiency	
Whipping power: at the end of the technique	
Breathing: natural breathing method	
Fighting applicability and spirit	
	Ave Total
Total	/ 9 =

## Kata (Empty Hand and Kobudo)

EH KO

Correct Stance, foot positioned for balance		
Tsuri Ashi: stepping (center squeeze and extend)		
Koshi: hip initiated/generated movement		
Posture: erect but relaxed		
Spirit Engagement: focus/eye direction		
Economy: no wasted movement/efficiency		
Whipping power: at the end of the technique		
Breathing: natural breathing method		
Fighting applicability and spirit		
Bunkai: is practical and sound in the principles		
Totals		EH KO
Ave Total ( / 10 = )		

## Yakusoku Kumite 1~11

Correctness	
Effectiveness	
Efficiency	
Total	
Ave Total ( / 3 = )	

## Transfer Average Totals

Kihon (Basics)	
Empty Hand Kata	
Kobudo Kata	
Yakusoku Kumite	
Total	

Final Ave Total  
( / 4 = )

Comments: \_\_\_\_\_

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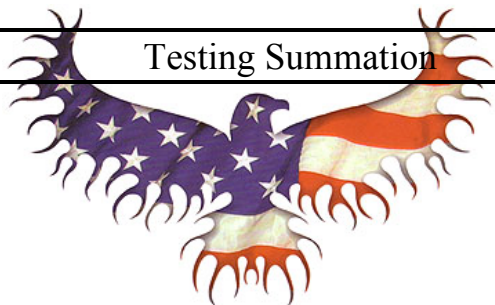
## Kumite / Toide Demonstration



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## Testing Summation

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I, \_\_\_\_\_ of the Seidokan Rank \_\_\_\_\_ Dan, have served as a board member evaluating the candidate for the grade of \_\_\_\_\_ by the fair and impartial standards set down by the Ryukoku Seidokan Karate Kobudo Renmei and its USA Chapter rendered an Average Test Score of (\_\_\_\_\_).

I recommend this candidate, (Circle One)

- a. Assume the new rank immediately as he/she has clearly passed all requirements.
- b. Assume the new rank but he/she needs to bring up the areas of improvement indicated on the score sheet.
- c. Wait for the next testing cycle and focus on the afore graded areas indicated on the score sheet.

Closing Comments: \_\_\_\_\_

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BOARD EVALUATOR

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

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



## **Appendix E: USARSKKR Strategic Plan**

(Pending the completion of the Honbu Strategic Plan)

The Honbu Strategic Plan will dictate the primary objectives and goals of the Chapter's Educational Initiatives and basic operational procedures. It defines the 'What' and the Chapter Senior Leadership defines the 'How' it will be incorporated into educational initiatives and organization procedures for Chapter wide implementation.

