

Seirin Dojo curriculum overview

The curriculum of the Seirin Dojo is broken down into two major areas:

- 有段者目録 **Yudansha Mokuroku**

This is the level of Black Belt in the Seirin Dojo, with ranks ranging from 初段 Shodan (1st degree black belt) to 四段 Yondan (though the Black Belt grade system extends to 十段 Judan (10th Dan/degree), the Seirin Dojo does not promote students to beyond the 4th Dan grade at this time.

The term “Yudansha” means “one who has attained a grade”. “Yu” means “there is/have”, “Dan” means “grade/steps/stairs” and “Sha” means “person/group of people”. The term “Mokuroku” means “catalog/collection of techniques”.

The study at this level consists of training in the various 流派 Ryu-ha (classical styles/schools) that comprise the Taijutsu arts of the Seirin Dojo. At this level students study the individual schools, which consists of fighting forms called 型 Kata. Kata forms are practiced for both unarmed and armed methods, and contain the essential teachings of each individual school.

A Yudansha level student has grasped the fundamental skills learned through the Kyu levels (white/green Belt) and is prepared to begin exploring their application in addition to developing advanced skills in both armed and unarmed methods. The length of time to reach the black belt level is highly dependent on the students skill level and frequency of training. On average, students can expect to reach the level of Shodan in 3-3.5 years of diligent training. A student of this level also assists with the instruction of juniors as part of the training, and generally becomes more involved with the Seirin Dojo organization. Yudansha students are recognized by their uniform, which consists of a dark blue 稽古着 Keiko-gi with black or blue 袴 Hakama worn on the legs (skirt-like split pants). Different ranks wear different color tops and bottoms.

- 無段者目録 **Mudansha Mokuroku**

The Mudansha levels in the Seirin Dojo begin at 無級 Mukyu (literally “having no Kyu”). “Mu” means “having no/none” and “Kyu” means “class/rank/grade”. Mukyu students are beginners and wear a white belt, which represents innocence or “knowing nothing”. The white belt is worn for the first 3 months of training by all new students, regardless of previous experience or rank. The Mudansha rankings then move to 9th Kyu and go to 1st Kyu in ascending order. Kyu ranked students wear a green belt, regardless of level. This single color belt for all Kyu levels eliminates the segregation and egotism that is often found in many schools of martial arts, making the environment one that is conducive to all students learning from each other.

The curriculum at the Kyu levels consists of fundamentals of Taijutsu, with weaponry arts also introduced. Students begin studying weapon arts almost immediately, as in classical times hand-to-hand combat was generally considered a last resort.

The Kyu level curriculum is broken down into 5 major parts, with specific ranks focusing on the material from each part:

- 礼法 **Reiho**

Mukyu (10th Kyu) - White belt

Literally meaning “bowing ways”, this portion of the curriculum represents manners, and etiquette. Students at this level are introduced to the art, the Dojo, the training methods and

the teacher(s). The training also consists of fundamentals necessary to transform an individual into a student of classical martial arts.

- **体変術 Taihenjutsu**
9, 8, 7th Kyu - Green belt

Taihenjutsu means “body changing arts”, and these are methods of moving the body in defense. Skills learned at these levels are evasion, footwork, combative positions, leaping, falling, rolling and other methods of rebounding from an attack (being thrown, struck, knocked down, etc.). Students learn to control distance, time and space at these Kyu levels as well. Learning to escape danger and be thrown or struck and emerge unharmed are the primary criteria at this stage in the training.

- **打拳体術 Dakentaijutsu**
6, 5, 4th Kyu - Green belt

Dakentaijutsu is a form of self-defense with very devastating results - empty handedly taking an enemy to the point where he thinks he is about to die by being struck or beaten. This level of the training focuses heavily on striking, using 16 different body weapons. Dakentaijutsu is comprised of two unique striking arts, Kosshijutsu and Koppojutsu. These are specialized ways of dealing with an enemy with as little as one finger and with little or no effort through the use of accurate striking into the weak points of the foes body in addition to striking the structure of an opponent, striking at bones and joints.

- **柔体術 Jutaijutsu**
3, 2, 1st Kyu - Green belt

Jutaijutsu incorporates Jujutsu into the Taijutsu training structure. This consists of locks, throws, pins, immobilizations, escapes, chokes, and other forms of grappling as a defense. Jujutsu techniques are used to immobilize or arrest an opponent without being forced to break, damage, permanently injure, maim or kill. In essence, Jujutsu is the way to defend yourself without weapons or harming your foe. Taijutsu literally means “body art” or “skill with the body”, and takes Jujutsu to levels where the focus is to throw your opponent in ways where he/she cannot escape or breakfall. Mixing Jujutsu with Taijutsu gives us the term “Jutaijutsu”.

- **武器術 Bukijutsu**
Introduced early in the training, part of 3, 2, 1st Kyu curriculum

Bukijutsu refers to weapon arts (Buki means “weapon”), with weaponry becoming an actual part of the training curriculum at the 3rd Kyu stage in the training. Students learn the basic fundamentals of striking, blocking, moving and other essential skills with a handful of weapons. It is not until Shodan that students begin to place a major emphasis on weaponry by learning fighting Kata. The weapons studied at this level in the training include the 3 foot stick, 6 foot staff, and Japanese sword. Projectile weapons are also introduced at this level, but are not a requirement for testing.

流派稽古型
RYU-HA KEIKO KATA

体術有段者目録
TAIJUTSU
YUDANSHA

体術無段者目録
TAIJUTSU

