



Shoden Level Minimum Standards of Study

<p>Shoden Keiho # 1</p> <p>Uke: Short Cross Push/Grab</p>	<ul style="list-style-type: none"> ○ Wrist Turnover ○ Elevated Elbow Control ○ Forearm Control ○ Palm Flexion Control ○ Minor Inside Foot-sweep ○ 2 handed shoulder pull-down ○ Rotary Head Throw ○ Half Moon Head Press ○ Hooking Head Throw 	<p>Notes for Omote, Renketsu and Ura levels of study</p>
<p>Shoden Keiho # 2</p> <p>Uke: Short Straight Push/Grab or Swinging Punch</p>	<ul style="list-style-type: none"> ○ Hip Wheel ○ Major Hip Throw ○ Palm Extension Control ○ Floating Drop ○ Single Arm Shouldered Throw ○ Scooping Throw ○ Major Outside Reap 	
<p>Shoden Keiho # 3</p> <p>Uke: Short Percussive straight strike/jab</p>	<ul style="list-style-type: none"> ○ Hip Shove ○ Valley Drop ○ Major Inside Reap ○ Single Leg Takedown ○ Minor Outside Takedown 	
<p>Shoden Keiho # 4</p> <p>Uke: Long Front Thrusting Kick</p>	<ul style="list-style-type: none"> ○ Response to kick with straight punch ○ Response to kick with roundhouse kick ○ Response to kick with backfist ○ Response to kick with spinning sweep ○ Response to kick with leg turnover 	
<p>Shoden Keiho # 5</p> <p>Uke: Short Straight Wrist Grab</p>	<ul style="list-style-type: none"> ○ "Z-lock" ○ Single handed throw ○ Slashing head throw ○ Four corner throw 	



Shoden Level Minimum Standards of Study Continued

Kihon	All included Kihon used in Shoden material	See Seizan Ryu Kempo Jujutsu Kihon Reference
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History / Philosophy / Training Concepts	<ul style="list-style-type: none"> ○ History of Seizan Ryu ○ Sho-Chiku-Bai ○ Irimi ○ Tenkan ○ Ma-ai ○ Hyoshi ○ Mushin ○ Fudoshin ○ Zanshin ○ "Combat Triad" ○ "Color Codes" to Awareness ○ Budo ○ Bujutsu ○ Training Theory and the OODA Loop* 	Suggested Reading List <ul style="list-style-type: none"> ○ Autumn Lightning - Dave Lowry ○ Sword and Brush - Dave Lowry ○ Traditions - Dave Lowry ○ Clouds in the West - Dave Lowry ○ In the Dojo - Dave Lowry ○ Persimmon Wind - Dave Lowry ○ A Book of Five Rings - Musashi ○ The Art of War - Sun Tsu ○ Living the Martial Way - Morgan ○ Shoden Research Project*
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** Optional for students, but required for aspiring teachers*

Graded Level: Shoden Omote	Kempo-Jujutsu Waza: Basic 1-10	Notes
Graded Level: Shoden Renketsu	Kempo-Jujutsu Waza: Basic 11-20	
Graded Level: Shoden Ura	Kempo-Jusutsu Waza: Basic 21-40	

Note to Student - This is a *minimum* standard guideline and additional material may be required on a case by case basis. The Academy hopes this written material will serve as a map and compass during your introduction to Seizan Ryu Kempo Jujutsu. Train hard! Osu!