



# Shuyokan Ryu

Aikijutsu

Black Belt Testing

Requirements & Techniques

# Shuyokan Ryu

Developing Skills & Character



## Goals

It is the goal of Shuyokan Ryu not only to develop the martial arts skills of the student, but also to develop the character of the student.

To this end, each level of black belt has a theme associated that underlies the training for the dan (Black Belt) ranks. Themes such as commitment, creativity and service all act together to develop the character of the student.

The following chart indicates the training commitment required by the student to achieve the dan ranks in the Shuyokan Ryu System. Time in grade and training hours must be documented.

	<u>Testing For</u>	<u>Time in Grade</u>	<u>Regular Class Hrs</u>	<u>Black Belt Class Hrs</u>
1	Shodan	1 Year as 1 <sup>st</sup> Kyu	90 Hours	15 Hours
2	Nidan	1 Year as Shodan	90 Hours	15 Hours
3	Sandan	2 Years as Nidan	180 Hours	30 Hours
4	Yondan	3 Years as Sandan	270 Hours	45 Hours
5	Godan	4 Years as Yondan	360 Hours	60 Hours
6	Rokudan	5 Years as Godan	450 Hours	75 Hours
7	Shichidan	6 Years as Rokudan	540 Hours	90 Hours
8	Hachidan	7 Years as Shichidan	630 Hours	105 Hours

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## **Yondon Test**

**INTRODUCTION** – It is the goal of Shuyokan to develop the character of the student as well as the development of martial arts skills. Having reached the level of Sandan no further formal testing is required for promotion to higher level ranks. Instead, character development should be emphasized through leadership development and the “Spirit of Giving Back”.

**REQUIREMENT** – The spirit of giving back is exemplified by giving of one's self for the betterment of others and/or the art. This can be the betterment of the Dojo, Martial Arts, Individuals or the Community.

In addition to the required training schedule, the candidate shall undertake a yearly project. To assist the candidate in selecting qualifying projects, the list indicated below, is offered as a guideline. Projects shall be discussed with the candidate's Dojocho and the Shuyokan Dojocho prior to initiation.

# Yondan Examination - Project Guidelines

The projects indicated below are offered for guidance only. Specific projects shall be discussed with the Shuyokai Dojocho and approved by the Shuyokan Dojocho. For each year during the time in grade period, a minimum of one project shall be completed.

1. Plan, coordinate and execute a special seminar for the dojo focusing on Shuyokan Ryu techniques. Shuyokan Hombu Dojo Documentation: Seminar outline and class DVD.
2. Plan, coordinate and execute a community improvement project:
  - a. Fund raiser for charity
  - b. Senior citizen project
  - c. Underprivileged children project
  - d. Community cleanupShuyokan Hombu Dojo Documentation: Written summary of project and scrapbook of project activities.
3. Plan, coordinate and execute a martial arts seminar with the intent of enrolling new students. Shuyokan Hombu Dojo Documentation: Seminar outline and class DVD.
4. Outside training at another dojo with the intent of bringing lessons learned back to the home dojo. Shuyokan Hombu Dojo Documentation: Seminar outline and class DVD.
5. Study or attend a class in the martial healing arts. Plan, coordinate and execute a "lessons learned" seminar at home dojo. Shuyokan Hombu Dojo Documentation: Martial Arts Healing Manual and Seminar DVD.
6. Prepare an essay (2000 word minimum) on Shuyokan martial arts techniques, tactics or philosophy. Shuyokan Hombu Dojo Documentation: Submit essay.
7. Establish a branch dojo of your home dojo. This project may take the place of three yearly projects. Shuyokan Hombu Dojo Documentation: Branch dojo scrapbook of pictures, and enrollment statistics.
8. Prepare an essay (2000 word minimum) on Leadership and leadership within the martial arts community. Shuyokan Hombu Dojo Documentation: Submit essay.
9. Plan, coordinate and execute a Cardiopulmonary Resuscitation (CPR) seminar at home dojo. Shuyokan Hombu Dojo Documentation: Scrapbook of seminar pictures or DVD.
10. Become a community services volunteer (50 hours minimum per year). Suggestions include Hospital, Senior's Center, Children's Center or schools. Shuyokan Hombu Documentation: Written documentation from supervisor and scrapbook of pictures.