

## **Summary of Shindo Grading**

The following document is intended to accompany the shindo grading sheets and contains detailed explanations of each technique of the grading as prescribed there. This is intended to assist in interpreting the techniques only.

## Shindo Grading Sheets

### SECTION 1 - BASIC TECHNIQUES - TECHNICAL EXPLANATION

No	Stance	Technique	#	Remarks
1	Zenkutsu dachi (DEF Grip)	Oi zuki to mid-section	20	<ul style="list-style-type: none"> <li>Start in zenkutsu dachi with LFF and LH out</li> <li>Step forward and deliver oi zuki to mid-section</li> <li>TURN with thrust to mid-section with front hand and double strike to mid-section</li> </ul>
2	Zenkutsu dachi (DEF Grip)	Gyaku zuki to mid-section	20	<ul style="list-style-type: none"> <li>Start in zenkutsu dachi with LFF and RH out</li> <li>Step forward and deliver gyaku zuki to mid-section</li> <li>TURN with thrust to mid-section with front hand and gyaku zuki to mid-section</li> </ul>
3	Zenkutsu dachi (OFF Grip – RFF/RHH)	Collarbone strike	20	<ul style="list-style-type: none"> <li>Start in zenkutsu dachi with RFF and RH out</li> <li>Step forward and switch both grips (top grip first) then deliver collarbone strike with front hand</li> <li>TURN and strike with back hand, then change both grips and strike again</li> </ul>
4	Kokutsu dachi (OFF Grip – RFF/RHH)	Bicep strike	20	<ul style="list-style-type: none"> <li>Start in kokutsu dachi RFF and RH out</li> <li>Step forward and switch both grips (top grip first) then deliver bicep strike with front hand</li> <li>TURN and strike with back hand, then change both grips and strike again</li> </ul>
5	Reverse nekoashi dachi (OFF Grip – RFF/RHH)	Double cross-body block, collarbone strike	10 10	<ul style="list-style-type: none"> <li>Start in reverse nekoashi dachi RFF and RHH</li> <li>Shuffle forward with double cross-body block, then deliver collarbone strike with front hand</li> <li>TURN and change both grips</li> </ul>
6	Kokutsu dachi to zenkutsu dachi (DEF Grip)	Outside block to gyaku zuki	10 10	<ul style="list-style-type: none"> <li>Start in kokutsu dachi LFF and LHH in osoto uke form</li> <li>Shift the front foot forward and out into a zenkutsu dachi and deliver a gyaku zuki</li> <li>Shift the front foot backward and in into a kokutsu dachi with outside block with front hand</li> </ul> <p style="text-align: center;">**PERFORM WITH BOTH SIDES**</p>
7	Kokutsu dachi to zenkutsu dachi (OFF Grip)	Collarbone strike to uppercut strike	10 10	<ul style="list-style-type: none"> <li>Start in kokutsu dachi LFF and LHH in collarbone strike form</li> <li>Shift the front foot forward and out into a zenkutsu dachi and deliver an uppercut strike to the mid-section</li> <li>Shift the front foot backward and in to kokutsu dachi and deliver a collarbone strike with the front hand</li> </ul> <p style="text-align: center;">**PERFORM WITH BOTH SIDES**</p>

No	Stance	Technique	#	Remarks
8	Reverse nekoashi dachi (BOK Grip – RFF/RHH)	Bokken strikes to collarbone and mid-section	10 10	<ul style="list-style-type: none"> <li>Start in reverse nekoashi dachi RFF and RHH in bokken grip</li> <li>Shuffle forward and deliver a bokken collarbone strike</li> <li>Sidestep the front (R) foot to the R and deliver a forehead bokken strike to the mid-section while bringing the L foot into a proper nekoashi dachi</li> <li>Sidestep the back (L) foot to the L and deliver a backhand bokken strike to the mid-section while bringing the R foot into a proper nekoashi dachi</li> </ul> <p><b>**PERFORM WITH BOTH SIDES**</b></p>
9	Kokutsu dachi (DEF Grip)	Downward thrust	20	<ul style="list-style-type: none"> <li>Start in kokutsu dachi LFF and LH out in downward thrust form</li> <li>Step forward pointing shindo in direction of thrust and deliver downward thrust</li> </ul>
10	Zenkutsu dachi (DEF Grip)	Downward thrust	20	<ul style="list-style-type: none"> <li>Start in zenkutsu dachi LFF and LH out in downward thrust form</li> <li>Step forward pointing shindo in direction of thrust and deliver downward thrust</li> </ul>
11	Kiba dachi to juji dachi to kiba dachi (DEF Grip)	Inside block and strike	20	<ul style="list-style-type: none"> <li>Start in kiba dachi with L strike to mid-section out to L side</li> <li>Step R foot over L into juji dachi and deliver an inside block with the L hand</li> <li>Rotate out of juji dachi into kiba dachi and deliver R strike to mid-section</li> </ul> <p><b>**PERFORM WITH BOTH SIDES**</b></p>
12	Hachiji to juji dachi (DEF Grip)	Thrust to mid-section	10 10	<ul style="list-style-type: none"> <li>Start in hachiji dachi with R outside block</li> <li>Step L foot behind R into juji dachi, staying on the same line as the initial stance and deliver L thrust to the mid-section behind you</li> <li>Rotate back into hachiji dachi with R outside block</li> </ul> <p><b>**PERFORM WITH BOTH SIDES**</b></p>
13	Reverse nekoashi dachi to hachiji dachi (DEF Grip - LFF / RHH)	Sokui uki	10 10	<ul style="list-style-type: none"> <li>Start in reverse nekoashi dachi LFF and RHH</li> <li>Begin by crossing body with block, LHH to meet opponent's kick</li> <li>Upon contact with opponent's kick, use push/pull action to position shindo under the ankle</li> <li>Turn hips and stance 90° to R and deflect kick to approximately shoulder height, ending with the shindo vertical at your R side in hachiji dachi)</li> </ul> <p><b>**PERFORM WITH BOTH SIDES**</b></p>

No	Stance	Technique	#	Remarks
14	Reverse nekoashi dachi to hachiji dachi (DEF Grip - RFF / RHH)	Sokui uki stepping forward	10 10	<ul style="list-style-type: none"> <li>• Start in reverse nekoashi dachi RFF and RHH</li> <li>• Begin by crossing body with block, LHH to meet opponent's kick while stepping forward with LF</li> <li>• As the foot lands use push/pull action to position shindo under the ankle</li> <li>• Turn hips and stance 90° to R and deflect kick to approximately shoulder height, ending with the shindo vertical at your R side in hachiji dachi</li> </ul> <p><b>**PERFORM WITH BOTH SIDES**</b></p>
15	Reverse nekoashi dachi to hachiji dachi (DEF Grip - RFF / RHH)	Sokui uki stepping backward	10 10	<ul style="list-style-type: none"> <li>• Start in reverse nekoashi dachi RFF and RHH</li> <li>• Begin by crossing body with block, LHH to meet opponent's kick while stepping backward with RF</li> <li>• As the foot lands use push/pull action to position shindo under the ankle</li> <li>• Turn hips and stance 90° to R and deflect kick to approximately shoulder height, ending with the shindo vertical at your R side in hachiji dachi</li> </ul> <p><b>**PERFORM WITH BOTH SIDES**</b></p>

## Shindo Grading Sheets

### SECTION 2 - COMBINATION TECHNIQUES WITH A PARTNER - TECHNICAL EXPLANATION

No	Stance	Technique	#	Remarks
16	Hachiji dachi (DEF Grip - Neutral)	Cross-body block, inside block, mid-section strike	10	<ul style="list-style-type: none"> <li>• Start in hachiji dachi</li> <li>• Perform cross-body block to L side with RHH</li> <li>• Switch top (R) grip and perform inside block</li> <li>• Switch top (R) grip and deliver R strike to mid-section</li> </ul> <p><b>**PERFORMED WITHOUT A PARTNER**</b></p>
17	Hachiji dachi (DEF Grip - Neutral)	Cross-body block, collarbone strike, inside block, mid-section strike	10	<ul style="list-style-type: none"> <li>• Start in hachiji dachi</li> <li>• Perform cross-body block to L side with RHH</li> <li>• Switch top (R) grip and deliver backhand collarbone strike</li> <li>• Perform inside block, leaving RHH</li> <li>• Switch top (R) grip and deliver R strike to mid-section</li> </ul> <p><b>**PERFORMED WITHOUT A PARTNER**</b></p>
18	Nekoashi dachi (OFF Grip - LFF/LHH)	Inside block, uppercut strike to mid-section	10	<ul style="list-style-type: none"> <li>• Start in nekoashi dachi with LFF and LHH</li> <li>• Step R with the LF behind the RF into juji dachi and perform a L inside block, blocking opponents R punch to the L side of your head</li> <li>• Rotate into seishan dachi with RFF and deliver a R uppercut strike to the mid-section</li> <li>• Continue in circular fashion</li> </ul> <p><b>**PERFORM WITH BOTH SIDES**</b></p> <p><b>**PERFORMED WITHOUT A PARTNER</b></p>
19	Reverse nekoashi dachi (OFF Grip - RFF / RHH)	Outside bicep strike, strike mid-section, strike collarbone	10	<ul style="list-style-type: none"> <li>• Start in reverse nekoashi dachi RFF and RHH</li> <li>• Sidestep RF forward and R (to facilitate the following strike) while delivering a R bicep strike to opponent's R zuki</li> <li>• Deliver L uppercut strike to mid-section</li> <li>• Deliver R collarbone strike (continue rotation through <math>\approx 45^\circ</math> with R collarbone strike)</li> </ul> <p><b>**THIS AND REMAINING TECHNIQUES PERFORMED WITH A PARTNER**</b></p>

No	Stance	Technique	#	Remarks
20	Reverse nekoashi dachi (DEF Grip - LFF / LHH)	Outside bicep strike - arm lock	10	<ul style="list-style-type: none"> <li>• Start in reverse nekoashi dachi LFF and LHH</li> <li>• Block opponents R punch by delivering R strike to bicep</li> <li>• Release shindo with RH and draw RH back and under opponents wrist and at the same time push the shindo behind the opponents head with the LH</li> <li>• Grasp the opponents R wrist with your R hand and draw it around and down on the shindo</li> <li>• Use RH and LH on shindo to perform a scissoring action while stepping LF across and directing opponent to ground</li> </ul>
21	Reverse nekoashi dachi (DEF Grip - LFF/ LHH)	Gedan nagae-ashi uki and takedown	10	<ul style="list-style-type: none"> <li>• Start in reverse nekoashi dachi LFF and LHH</li> <li>• Meet opponents R kick with the R end of the shindo and immediately deflect kick to your R side with L end of shindo</li> <li>• Release shindo with LH and grasp opponents R shoulder while pushing the shindo between the opponents legs with your RH</li> <li>• Pull opponent toward you and down while pushing with the RH on the shindo, rotating the opponent to their left</li> <li>• Follow opponent to ground and then use shindo to trap the opponents R leg (may apply pressure with L knee to the back of opponents L hamstring)</li> </ul>
22	Reverse nekoashi dachi (OFF Grip- RFF/ RHH)	Inside block, uppercut, mid- section strike, knee strike	10	<ul style="list-style-type: none"> <li>• Start in reverse nekoashi dachi RFF and RHH</li> <li>• Perform inside block to opponents L zuki to head</li> <li>• Immediately deliver L uppercut strike to mid-section</li> <li>• Sidestep LF to L side, landing in juji dachi while delivering mid-section strike with RH</li> <li>• Push out of juji dachi with RF and land in a reverse nekoashi dachi facing opponent while delivering a backhand strike to the back of the opponents R knee</li> </ul>
23	Hachiji Dachi (DEF Grip)	Cross-body block of kick rotating to takedown	10	<ul style="list-style-type: none"> <li>• Start in hachiji dachi</li> <li>• Perform a cross-body block with RHH to the L side, blocking the opponents R roundhouse kick</li> <li>• Immediately rotate the LH up so opponents leg is trapped on horizontal high shindo while taking small step to L with LF</li> <li>• Continue rotating the shindo bringing RH to kumai while bringing RF into a proper reverse nekoashi dachi facing opponent</li> </ul>

No	Stance	Technique	#	Remarks
24	Hachiji dachi (DEF Grip - Neutral)	High block/nagae-ashi uki, switch grip, strike to wrist	10	<ul style="list-style-type: none"> <li>• Start in hachiji dachi</li> <li>• Step forward and slightly L with the LF and perform a two-handed high block, blocking the opponents bokken strike to head – blocking to the middle of the opponents shindo</li> <li>• Immediately rotate the shindo deflecting the opponents shindo to your R</li> <li>• Step the RF to the L and switch R grip to OFF, then deliver a R strike to the opponents wrist</li> </ul>
25	Hachiji dachi (DEF Grip - Neutral)	High block/nagae-ashi uki, switch grip, strike forearm, then knee	10	<ul style="list-style-type: none"> <li>• Start in hachiji dachi</li> <li>• Perform a two-handed high block while stepping into the attack with RFF, preemptively blocking opponents bokken strike to head – blocking the base of the shindo and hands area</li> <li>• Immediately rotate shindo to deflect opponent to your L while stepping R with RF</li> <li>• Switch L grip to BOK (RHH) while bring LF into reverse nekoashi dachi and deliver a R bokken strike to opponents forearm</li> <li>• Continue to the R around the opponent, stepping with the LF behind the RF into a juji dachi and deliver a bokken strike to the back of the opponents L knee</li> </ul>
26	Hachiji dachi (DEF Grip - Neutral)	Sidestep 45°, reverse bokken strike, switch grip, bokken strike to wrist	10	<ul style="list-style-type: none"> <li>• Start in hachiji dachi</li> <li>• Sidestep forward and L with LF to avoid opponents thrust to mid-section and shift L grip to end of shindo</li> <li>• Draw RF into reverse nekoashi dachi and shift R grip to a reverse BOK grip, and deliver a reverse bokken strike to mid-section</li> <li>• Switch R grip to BOK and strike wrist</li> </ul>
27	Hachiji dachi (DEF Grip - Neutral)	Sidestep 45°, switch grip, strike to wrist, cross-strike mid-section, strike knee	10	<ul style="list-style-type: none"> <li>• Start in hachiji dachi</li> <li>• Sidestep forward and R with the RF to avoid opponents bokken strike to head and switch R grip to OFF, then deliver R strike to opponents wrist, landing in hachiji dachi</li> <li>• Continue stepping around opponent with RF first into hachiji dachi and deliver a R backhand strike to mid-section</li> <li>• Step LF to R behind RF into juji dachi with a R strike to the back of the knee</li> </ul>

No	Stance	Technique	#	Remarks
28	Reverse nekoashi dachi (OFF Grip - LFF / LHH)	Sidestep 45°, strike to wrist, uppercut shindo, bokken strike mid-section	10	<ul style="list-style-type: none"> <li>• Start in reverse nekoashi dachi with LFF and LHH</li> <li>• Sidestep forward and L with LF into reverse nekoashi dachi and strike opponents wrist, blocking opponents thrust to mid-section</li> <li>• Immediately perform a R uppercut to opponents shindo and forearm area, clearing and finishing block at head height</li> <li>• Switch L grip to BOK and perform a R bokken strike to mid-section</li> </ul>
29	Reverse nekoashi dachi (OFF Grip - RFF/RHH)	Step to R juji dachi, strike to wrist, thrust to mid-section, bokken strike to knee	10	<ul style="list-style-type: none"> <li>• Start in reverse nekoashi dachi with RFF and RHH</li> <li>• Move LF forward and to the R BEHIND the RF (landing beside the opponent) and block opponents thrust with a R strike to the opponents forearm</li> <li>• Rotate to L (remaining in place beside opponent) and switch R grip to DEF and perform a thrust to opponent's L kidney area</li> <li>• Continue rotating into a reverse nekoashi dachi behind the opponent and switch the L grip to BOK and deliver a R bokken strike to the back of the opponents knee</li> </ul>