



Shindo Reference Manual

December 2024

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Sensei Shintani – Introduction and Portrait



Sensei Masaru Shintani, 9th Dan (1928-2000), is the founder of the Shintani Wado Kai Karate Federation, one of the largest karate organizations in North America. He was a student of Hironori Otsuka (1892-1982), founder of the Wado Ryu style of karate. Along with over 50 years of devotion to karate, Sensei Shintani also held ranks in other martial arts such as Judo (sandan), Aikido (shodan), and Kendo (shodan). “Shindo” means “the straight or pure way”. It incorporates the dynamic body movements, explosiveness, and tai sabaki that are signature to Shintani Wado Kai Karate. In his own words: “Wado, the way to harmony and peace, is the finest quality of the human race with a total goal to peace on earth. We the Wado students of karate, must be the leaders of unity and happiness throughout the universe and guide our students to the ultimate human alliance with understanding.” Sensei Masaru Shintani was a brilliant man, a great visionary, and his presence continues to live on in Wado.

History of Shindo

<https://www.shintani.ca/shindohistory>

The art of Shindo was devised by Hanshi Masaru Shintani, 10th Dan in the early 1970's. Sensei had



made the Shindo methods and principles known to Otsuka Sensei who gave it his full endorsement.

Sensei began teaching Shindo in the early 1980's. The roots of these basics and other techniques taught by Sensei can be traced directly back to his extensive Wado Kai training under Otsuka Sensei. Sensei Shintani used the sabaki motion and explosiveness that he was renowned for to develop the same effects with the Shindo. After introducing Shindo to his students, Sensei requested that a training and grading process be put into place, based on five katas; SHINDO NIDAN, CIO BO TIE,

SEI SHAN NO SHINDO, CHINTO NO SHINDO, and WANSHU NO SHINDO. Sensei had a personal influence on the final outcome of all these katas.



There are three segments of the Shindo curriculum that was devised by the Shindo committee - Basic, Intermediate and Advanced. Each course is designed to build upon one another to create a strong basis for the dan level rankings and instructor certification that will follow. The aim of the Shindo committee is to further develop and spread HanshiShintani's teachings and philosophies across the continent. For those of you who had the privilege of being associated with Hanshi Shintani, you know how important Shindo was to him. He once held the Shindo up in front of a class at a black belt workout and said...

"This is my life".

In essence, it is a gift to his students and to society which showed the true nature of all martial arts.

Origins, Principles and Concepts – The Art of Shindo

<https://www.shintani.ca/shindohistory>

"This Is My Life"

The Development of Shindo

Hanshi Shintani's gift to his students and society

The art of Shindo was developed by Hanshi Masaru Shintani, 10th Dan, in the early 1970s. Hanshi Shintani had made the Shindo methods and principles known to Master Otsuka who gave it his full endorsement.

After having a dream in which Hanshi Shintani overcame several swordsmen with the use of a short staff Hanshi Shintani began to work on his own to develop the concept.



The roots of these basics and other techniques taught by Hanshi Shintani can be traced back to his extensive Wado Kai training under Master Otsuka. Hanshi Shintani used the sabaki motion and explosiveness that he was renowned for to develop the same effects with Shindo. Hanshi Shintani introduced "Shindo" to a few of his higher ranking black belts that were sworn to secrecy, once he was comfortable with the format, Hanshi Shintani introduced Shindo to the rest of his black belts.

After introducing Shindo to his students, Hanshi Shintani requested Sensei Bruce Perkins put together a training and grading process based on the five kata being practiced at the time, SHINDO NIDAN, CIO BO TIE, SEISHIN NO SHINDO, CHINTO NO SHINDO, and WANSHU NO SHINDO.

Not being certain he understood the request, Sensei Perkins called Sensei Labbé (Secretary General at that time) and asked him to confirm the request with Hanshi

Shintani. Hanshi Shintani confirmed that was in fact what he wanted. Once notified of this confirmation, Sensei Perkins began to formulate the outline of a plan for the Shindo program.

Sensei Perkins was in constant communication with Hanshi Shintani about the direction Hanshi Shintani wanted the program to proceed. A short time later, Hanshi Shintani passed away May 7, 2000. Unsure of how to proceed with the project, Sensei Perkins formed a committee of Hanshi Shintani's high ranking black belts (the first Shindo Committee).

After several months which led into years, the program was finalized and approved at the Senate level. Once the program was approved, Sensei Perkins felt he had fulfilled his commitment to Hanshi Shintani and stepped down as the chair of the Shindo Committee.

It is important to note Hanshi Shintani had a personal influence on the final outcome of all of these katas (SHINDO NIDAN, CIO BO TIE, SEISHIN NO SHINDO, CHINTO NO SHINDO, and WANSHU NO SHINDO). For this reason it is critical that they are passed down to the next generations unchanged.

There are three segments of the Shindo curriculum which were devised by the Shindo committee - Basic, Intermediate and Advanced. Each course is designed to build upon one another to create a strong basis for the dan level rankings and instructor certification.

The aim of the Shindo committee is to further develop and spread Hanshi Shintani's teachings and philosophies across the continent. For those of you who had the privilege of being associated with Hanshi Shintani, you know how important Shindo was to him.

He once held the Shindo up in front of a class at a black belt workout and said,

"This is my life".

In essence, it is a gift to his students and to society which showed the true nature of all martial arts.

Shindo Letter from Senate

Dear Shintani Wado Kai Karate Federation Instructors,

We greet you today with the hopes that life finds you and those important in your life well, wherever life may have taken you. The purpose of our letter to you today is to remind you all of a vitally important component of Hanshi Shintani and his teachings.

Hanshi Shintani studied karate for much of his life. He had a dream that developed from his love and understanding of the martial arts, and this dream was Shindo. Nearly 40 years since he developed Shindo, and almost 30 years since his first instruction, Shindo is a reflection of all that is Shintani Wado Kai Karate in its entirety. It is a perfect embodiment of all that has been taught in this Federation for decades.

The value to our members is immense. We have seen many examples of students elevating their skill in, and more importantly their understanding of karate through the study of Shindo. With the additional knowledge and understanding students begin to perform better without the shindo in their hands also. We have witnessed this many times as well.

For those of you that had the good fortune to train with Hanshi Shintani, I congratulate you, and hope you remember him and his teachings as fondly as we do. But there are many instructors, and many of our students who are too young or too far removed to have trained under his direct instruction. Those students can find a piece of Sensei in Shindo as his lasting legacy.

He has given us a piece of himself forever; Shindo was his life. It was Sensei's intention to spread his knowledge and character through Shindo to those in and out of the federation across the country and undoubtedly the world. In our position as the Senate representing the organization, it is our intention to see this organization carry on in Sensei's image, and as Sensei would have wished. We have, therefore, a feeling of responsibility to oversee a steady curriculum of Shindo implemented into the Shintani Wado Kai Karate Federation.

It will take time to bring about this change, but it is our desire that we might see every student within this organization studying Shindo in some capacity. This is our responsibility to Sensei, and now I ask for your assistance in the matter. In order to reach every student all of the instructors in this federation must be of a similar mind. We implore each of you to take steps to incorporate Shindo into your regular teachings.

This is a large task to accomplish, but one which I feel is well within the realm of possibility for this organization. To achieve this, however, I would ask all of you to aid us in moving towards this very fulfilling goal.

Yours very sincerely,

Members of the Senate

Current Shindo Working Group

The following are the past & current members of the Shindo working group assisting the Shindo Chief instructor **Sensei Jim Atkinson** as requested.

Kris Reynolds
Craig McCleary
Darwin Sherman
Dan Hill

Bruce Perkins – Past Chair & Advisor
Brad Cosby - Advisor
Ron Mattie - Advisor

Shindo Requirements

All Shindo-ka must use an official SWKKF sanctioned Shindo during practice and competition.
These are available for purchase from www.shintani.ca/store

All Shindo shall be black in colour and be either:

- 92 cm long, 3.2 cm diameter
- 81 cm long, 2.8 cm diameter

An SWKKF sanctioned foam Shindo is required for all partener training and competition.

Shindo Rank Requirements

Beginner Requirements

In order to begin the practice of Shindo, students must meet the one of the following criteria:

1. Have obtained the rank of orange belt (within the SWKKF) **and be** 10 years of age,
2. Have obtained the rank of green belt (within the SWKKF), regardless of age, or
3. Be 16 years of age, regardless of rank

Dan Requirements

Time requirements for each rank are in line with those set out by the SWKKF. Please refer to the SWKKF Grading Manual for further information.

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Shindo Dan grading fees will be \$150.00 + applicable taxes (GST / HST)

Shindo Kata List

Below is a list of kata guidelines for Shindo ranks and the approximate SWKKF rank at which the Shindo rank should be awarded. In order to be awarded the indicated Shindo rank, the students must demonstrate the ability to perform the associated kata. Refer to the SWKKF grading manual for rank information, timelines and age recommendations for awarding ranks. These are recommendations only

Karate Rank	Shindo Kata	Shindo Rank
White to Yellow belt	Chonan no Shindo	White Stripe
White to Green belt	Shindo Nidan	White Stripe
Green to Blue belt	Cio Bo Tie	Green Stripe
Blue to Black belt	Seishin no Shindo	Brown Stripe
Shodan-Ho (under 16)	Kushanku no Shindo	Red Stripe
1 st Dan		First Gold Stripe
2 nd Dan		
3 rd Dan	Chinto no Shindo	Second Gold Stripe
4 th Dan	Wanshu no Shindo	
5 th Dan	Gensho Shodan no Shindo	

Kneeling Bow In

Face the class in natural stance with the feet shoulder width apart. The shindo is divided into three equal parts with both palms facing down. The shindo is held in the right hand for the bow-in. For attention stance, have the thumb and index finger circling the shindo, with the other three fingers formed around the shindo but not tight. The “V” between the thumb and the index finger face the front of the shindo. Keep the shindo 1 – 1.5 inches off of the floor. The shindo will be angled between 5° and 10° from the vertical toward the front. Heels are together and toes are apart.

Face the class in the above posture. As the left foot steps to the back, the left knee drops to the floor parallel to and just behind the right foot. As the kneeling position is executed, the bottom end of the shindo is placed in the left hand in a natural holding position, flowing into the left hip with the right hand positioning the shindo along the centre line of the body angled 45° upward from the horizontal. Drop the right knee back to the floor so that the knees are even and two fist widths apart facing the front. Hold the shindo with your hands resting in your lap and the shindo divided into three equal parts. Slide the shindo through the right hand until your fists touch, then grip the shindo with your right hand and release the grip with your left hand, placing your left hand on top of your left thigh. Set the shindo on your right side pointing toward the front with 1/3 of the shindo protruding past your right knee. Bring your right hand to the top of your right thigh. Perform Mokso (see etiquette manual). To turn and face the Shinzen, pick up the shindo in the centre with the right hand, slide the left knee toward the Shinzen, then the right knee, keeping the shindo parallel to the right leg. Place the shindo on the floor beside and parallel to the right leg.

Slide both hands off the thighs to the floor in front of you, forming a triangle with the thumbs and index fingers (hands flat on the floor). Bring your nose to the formed triangle without letting your rear end leave your heels, then return to seiza position. Grip the shindo in the centre with the right hand, then rotate by bringing your right knee and then your left knee to face the front, keeping the shindo parallel to the right leg (for the instructor facing the class the process is in the opposite direction). Set the shindo on the floor (still on your right side). Repeat the bow to the front.

Grip the shindo with your right hand in the centre and place it in front of your body parallel to your knees. The hand gripping the shindo is along the centre line of the body. Place the shindo in front of you (approximately the distance of your forearm from your right knee) and return to seiza position. To perform this bow, set the left hand down on the floor first with the thumb and index finger along the centre line of the body, then bring the right hand down to the floor to complete the triangle[‡]. Repeat the bow from earlier, then return the right hand to the right thigh first, then the left hand to the left thigh. From this position, place the right hand on the centre of the shindo and bring the shindo back to your thighs (dividing the shindo into three equal parts). Bring your right knee up, placing the foot slightly ahead of the left knee, with the shindo pointing to the front on a 45° angle off the horizontal and the body positioned to a 45° angle to the left of the centre line of a frontal attack. Draw the right foot back to a frontal natural stance, with the shindo going to a frontal neutral position.

[‡]if you have to stand to bow due to physical limitations, the bow to honour the shindo is executed in the following fashion. Heels are together with the toes apart. With both hands on the shindo (palms facing up), extend the arms out from the body and on a downward angle (45° down from the horizontal), with the thumbs lightly gripping the shindo. The baby finger and ring finger from both hands should be touching. Lower the head for a traditional bow (see etiquette manual). Upon completion of the bow, grip the shindo in the left hand, and slide the right hand to the 1/3 position with the palm facing down, then rotate the left hand to the 1/3 position with the palm facing down. At the same time as the left hand is rotating, the left leg slides out to perform a natural stance with the feet moving in the traditional left then right manner. It is especially important that the grip during the bow be viewed as a presentation and is in no way threatening\

Shindo Curriculum - Kyu Belt Levels

Basic Shindo – Course Outline

DIVISION 1 – INTRODUCTION TO SHINDO

- History of Shindo
- Principles of Shindo
- Grips and Holds of the Shindo
- Basic Principles
- Target Areas and Applied Strikes

DIVISION 2 – BASIC KEY CONCEPTS

- Hip Action
- Control of Shindo During Blocking and Striking
- Basic Stances: Kiba Dachi, Zenkutsu Dachi, Shizen Tai, Juji Dachi

DIVISION 3 – KATA: INTRODUCTION TO KATA TECHNIQUES AND SEQUENCES

- Line Work With Partner (Kata Sections)
- Introduction to Soft Shindo

DIVISION 4 – KATA: LEARN SHINDO NIDAN

- Learn and Perform Shindo Nidan

****NOTE: These divisions can be alternated so that all divisions are covered by each instructor.**

Division 1 - Introduction to Shindo

History of Shindo

Review the following items with the students:

- 1) Read over "Origins, Principles, and Concepts" (see below)
- 2) Answer any questions pertaining to "Origins, Principles, and Concepts", stressing Sensei's methods of technique and concepts of harmony, peace, and humility
- 3) Go over bow-in procedures (To be practiced at each class) (see below)
- 4) Give out copies of "History of Shindo" to the students (see above)

Principles of Shindo

Explain the following principles to the students:

- 1) Shindo is an extension of your arms
- 2) All principles applied in practicing Shintani Wado Kai are applicable to practicing Shindo
- 3) The push-pull action of the hands when using the shindo (demonstrate this concept)
- 4) The 'pivot point' (or 'fulcrum') is always midway between the two hands
- 5) The shindo is held in thirds, except for certain techniques (demonstrate this concept)
- 6) The grips of both hands are 90° to the shindo (demonstrate this concept)

Grips and Holds of the Shindo

Go over the three basic types of grips with the students and highlight the areas mentioned below:

- 1) Defensive Grip
 - a. The shindo is held in thirds
 - b. The palms face down
 - c. Techniques are executed with the proper line of force (90° to the shindo)
 - d. The front or back of the shindo can be used effectively
 - e. Rotation of the controlling hand is a must
 - f. The shindo must be locked to the body
- 2) Offensive Grip
 - a. The shindo is held in thirds
 - b. The forehand is facing up, the backhand is facing down
 - c. Techniques are executed with the proper line of force (90° to the shindo)
 - d. The front and back of the shindo can be used effectively, depending on the angles of strikes or blocks in conjunction with the bokken grip (is permissible)
 - e. The rotation of the controlling hand applies
 - f. The shindo must be locked to the body
- 3) Bokken Grip
 - a. Only the bottom third of the shindo is used
 - b. Use of a bokken grip
 - c. Tighten grip from little finger inward to the index finger (maximum tension on the little finger)

Basic Principles

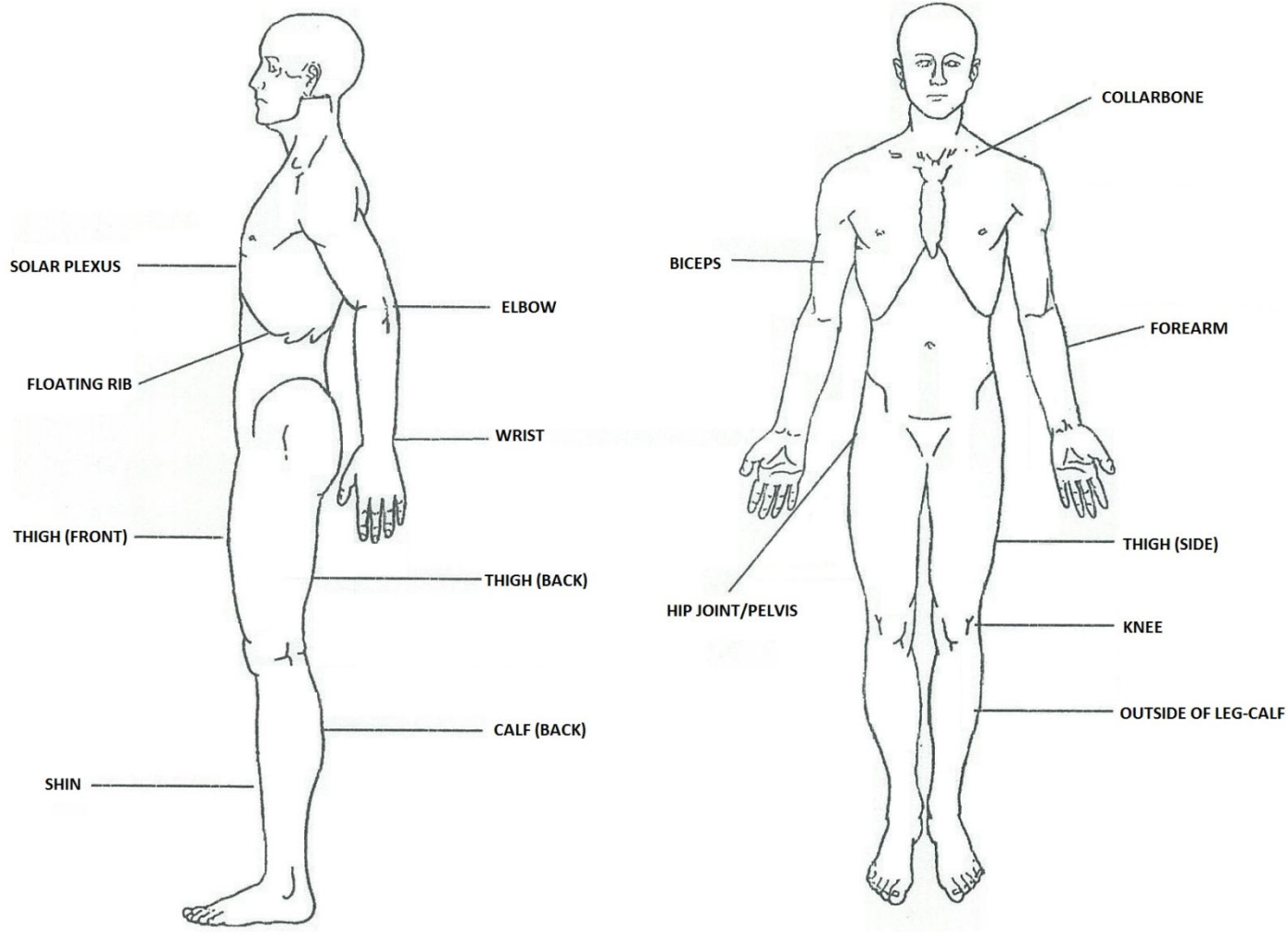
Explain and illustrate the following principles to the students:

- 1) If the right leg is forward then the right shoulder should be forward
- 2) If the left leg is forward then the left shoulder should be forward
- 3) Both offensive and defensive grips can be used with either foot forward
- 4) The grip position is the same (the shindo is still gripped in thirds)
- 5) Rotation of the controlling hand still applies
- 6) The shindo must be locked to the body

Target Areas and Applied Strikes

Explain and demonstrate each target area and associate strike to the students:

- 1) Legs
 - a. The inside and outside of the calf, knee, and thigh are target areas
 - i. Offensive and defensive grips may be used
 - ii. Forward and reverse downward strikes
- 2) Hips and Groin
 - a. The left and right side hip joints, and the groin are target areas
 - i. Offensive and defensive grips may be used
 - ii. Forward and reverse downward strikes, and thrusting strikes
- 3) Floating Ribs
 - a. The left and right side of the floating ribs are target areas
 - i. Offensive and defensive grips may be used
 - ii. Forward and reverse strikes
- 4) Solar Plexus
 - a. The solar plexus is the target area
 - i. Offensive and defensive grips may be used
 - ii. Uppercut reverse strike, left and right strikes (with side-step or shift)
- 5) Wrists
 - a. The inside and outside of the top of the wrist are the target areas
 - i. Offensive and defensive grips may be used
 - ii. Forward and reverse downward strikes
- 6) Forearm
 - a. The inside and outside of the forearm are the target areas
 - i. Offensive and defensive grips may be used
 - ii. Left and right downward strikes
- 7) Elbow
 - a. The back of the arm and elbow is the target area
 - i. Offensive and defensive strikes may be used
 - ii. Left and right strikes
- 8) Biceps
 - a. The inside and outside of the bicep muscle is the target area
 - i. Offensive and defensive grips may be used
 - ii. Right and left strikes may be used
- 9) Collarbone
 - a. The collarbone is the target area
 - i. Offensive and defensive strikes may be used
 - ii. Left and right downward strikes



Basic Target Areas for Shindo

Division 2 – Basic Key Concepts

Hip Action

As in karate technique, hip action in shindo must be present.

For those not understanding the hip action concept, illustration and demonstration is required along with practice at this point. A review of hip action principles should be presented at each class for review and development incorporating posture, stance manipulation, weight placement, technique, and body focus.

Key points to demonstrate when teaching hip action:

- 1) Work hip action with the basic stances, walking and turning in kiba dachi, zenkutsu dachi, and juji dachi.
- 2) Define principles and structuring of stances to develop hip action.
- 3) Combine hip action basic walking with basic shindo technique and develop rhythm and focus of combining technique and hip action.
- 4) When using shindo, make sure the following principles apply – line of force – hip – shoulder – elbow – hand.

Control of the Shindo During Blocking and Striking

Key points to demonstrate when teaching shindo control:

- 1) Proper grip (in thirds)
- 2) Line of force (forearm is in line with shindo)
- 3) Both hands should remain in contact with the shindo
- 4) Proper angle of grip in relation to the shindo (90° to the shindo)
- 5) Hand changing (defensive and offensive) should be done when the shindo is in a “safe” zone of a combination technique or single technique
 - a. Example – block and change hand position on grip at the back of the block before the strike is done
- 6) Shindo must be locked into the body

Basic Stances – Technique Incorporation

The following stances are to be discussed, demonstrated, and practiced with the students:

- 1) Shizen tai
 - a. Cross-body block toward the front
- 2) Kiba dachi (transitioning to juji dachi)
 - a. Use a single technique or combination technique to work rhythm, timing, hip action, focusing
- 3) Zenkutsu dachi
 - a. Walking and turning with any of the basic blocks or strikes, either as a single technique or in combination

When teaching it is a good idea to provide a variety of techniques. These key points will help in choosing which techniques to teach:

- 1) Work cross-body blocking from the stances
- 2) High and low techniques should both be incorporated
- 3) Strikes to all important body areas should be included

Division 3 – Kata: Introduction to Kata Techniques & Sequences

Line Work With Partners (Kata Section)

**NOTE: The soft shindo is to be used for these techniques.

In line, the group will work two sequences from Shindo Nidan, working to illustrate bunkai and application methods. The two sequences to be worked are the following:

- 1) Sokui uke – which starts the second sequence of the kata
- 2) Osoto uke – which starts the third sequence of the kata

Division 4 – Kata: Learn Shindo Nidan

The group should work individual moves first, followed by putting the moves into sequences. At the end of this section, everyone should be able to perform the kata.

Intermediate Shindo – Course Outline

DIVISION 1 – LOW BLOCKING

- Blocking From a Stationary Position
- Blocking While Walking Forward
- Key Points

DIVISION 2 – COMBINATIONS OF BASIC BLOCKS AND STRIKES

- Inside Block and Strike
- Offensive Grip Strike
- Backward Thrust

DIVISION 3 – ADVANCED COMBINATIONS OF BLOCKS AND STRIKES

- Sokui Uke
- Close-quarters Combination
- Hand-changing Combination

DIVISION 4 – SUBMISSION AND TAKEDOWN TECHNIQUES

- Arm Lock Technique
- Leg Takedown Technique

DIVISION 5 – KATA: SHINDO NIDAN REVIEW

- Technique Advancement
- Sequencing Advancement

DIVISION 6 – KATA: LEARN CIO BO TIE

- Specific Kata Sequences
- Learn and Perform Cio Bo Tie

Division 1 – Low Blocking

Blocking From a Stationary Position

In line, the group will work low blocks from a stationary position:

- 1) From natural stance delivering low blocks to alternating sides

Blocking While Walking Forward

The group will continue to work low blocks while moving forward in the following stances:

- 1) Kokutsu dachi
- 2) Zenkutsu dachi

Key Points

Some key points to remember when teaching low blocks are as follows:

- a. The motion is a downward thrust
- b. Sabaki motion (over the front knee when walking forward) is the block (like an outside block)
- c. Knee, hip, and hand rotation must be completed for an effective block
- d. Kumai must be under the forearm
- e. Rotate the shindo to the body for a better trajectory upon delivery
- f. The shindo is delivered in a straight line, not a rounded motion
- g. The hip must be pointed to achieve a hip action the same as delivering a shuto

Division 2 – Combinations Of Basic Blocks & Strikes

Inside Block and Strike

In line, the students will move forward working the inside block and strike as follows:

- 1) Step into juji dachi with an inside block
- 2) Rotate into kiba dachi with a mid-section strike

Key points to keep in mind when teaching this technique:

- a. Use hip motion to motivate the block and strike
- b. Do not over block
- c. Proper line of force should be demonstrated on both moves
- d. Must stay compact when working with a partner
- e. The pivot point of the shindo is between the two hands on the strike
- f. Shindo kumai is along the forearm

****NOTE:** - Inside blocks come from the centre line of the body to the outside; outside blocks come from the outside of the body toward the centre line

Offensive Grip Strike

In line the students will work striking with an offensive grip, as follows:

- 1) Right leg forward (may shuffle with strike)
 - a. To the collarbone
 - b. To the bicep
- 2) Left leg forward (may shuffle with strike)
 - a. To the collarbone
 - b. To the bicep

Some key points to keep in mind while instructing this technique:

- a. The push/pull action on the shindo must be present (pivot point or fulcrum is in the middle of the two hands)
- b. Technique is delivered along the body centre line
- c. Technique is delivered with hip action, no wind up
- d. Proper line of force must be present
- e. Hip movement motivates strike
- f. Pivot point must be proper, between both hands
- g. Stay compact, don't reach the strike

Backward Thrust

The students will work in line to practice the backward thrust, as follows:

- 1) From natural stance, step one leg behind the other into juji dachi and deliver a thrusting strike to the back at mid-section level
- 2) Pivot back into natural stance, clearing the hands (where the opponent's hands would be, in an outside blocking motion)

Some key points to remember when instructing this technique:

- a. Point the shindo at the target before you turn, but do not 'wind up' the thrust
- b. Proper target areas should be demonstrated
- c. The push/pull action of the shindo should be demonstrated on the clearing motion, and it can be delivered as a strike to the elbow area
- d. The body centre is the pivot point

****NOTE: you may work with partners on this technique, having one partner pulling on either the right or left shoulder. Whichever side is pulled, is the side the thrust will be delivered with, as the student will 'go with' the pull to deliver the thrust**

Division 3 – Advanced Combinations Of Blocks & Strikes

Sokui Uke

****NOTE: the soft shindo should be used for this technique, since it involves partner work**

With partners, the students will practice the sokui uke stepping backward from natural stance to defend a mid-section kick from the opponent. Some of the key points for this technique are as follows:

- 1) The leading tip of the shindo points to the outside of the leg
- 2) The back forearm can protect the upper body from a high kick
- 3) The blocker should step backward into juji dachi
- 4) The lead tip of the shindo and forearm will trap the kick
- 5) Pivot out of juji dachi into hachiji dachi in a continuous motion toward the 'ceiling'
- 6) The shindo must stay tight to the body and centered

Some key points for this technique are the following:

- a. Use the push/pull action of the shindo to trap the leg
- b. The hips must be fully committed to the technique, to maximize effectiveness

****NOTE: caution the students when performing this technique due to the severe injury that can occur if done too aggressively**

Close-quarters Combination

****NOTE: the soft shindo should be used for this section, as it involves partner work**

With their partner, the students will work a block and counter attack technique, as follows:

- 1) From natural stance and offensive grip, outside block to an incoming punch to the bicep area
- 2) With the other end of the shindo, throw an uppercut (empi-like) strike to the mid-section
- 3) Finish with a collarbone strike

Some key points for the combination are the following:

- a. Good hip action is a must
- b. Good distancing is important to ensuring proper delivery of blocks and strikes
- c. Do not try to overpower the technique
- d. Ensure the hips are rotating, not swinging from side to side

Hand-changing Combination

In line, the students can work on changing grips with the following hand-changing combination, in the following manner:

- 1) From a natural stance, perform a cross-body block
- 2) As the technique finishes, switch the top hand to an offensive grip to perform an inside block
- 3) As the technique finishes, switch the top hand again to a defensive grip and deliver a mid-section strike

Some key points to remember when instructing the technique are as follows:

- a. Proper grip changing (the hand doesn't come off the shindo)
- b. The grip changes in a safe position, at the back of the techniques
- c. Focus on the target area
- d. Proper distancing and shifting

Division 4 – Submission And Takedown Techniques

****NOTE: for this section, the students will be working in partners and should use the soft Shindo**

****NOTE: extreme respect and caution should be shown during this division, due to the severe nature of the techniques**

Arm-Lock Technique

The students with their partner will work an arm-locking technique, which evolves into a takedown as follows:

- 1) From natural stance and offensive grip, block the opponent's punch (to the head area) with a strike to the forearm and wrist area
- 2) Release the shindo with the leading hand and put it below the opponent's arm while pushing the shindo with the back hand behind the opponent's neck and head
- 3) Use the hand that is off the shindo to control the opponent's hand, bringing it across the shindo and perform the 'scissoring' action to apply the arm-lock
- 4) Step into the opponent and guide them to the ground

Some key points for this technique are as follows:

- a. Do not block the opponent's arm too far away, not allowing the arm-lock to take place
- b. Using good chi during the arm-lock and subsequent step will increase the effectiveness of the technique
- c. Proper distancing is required for the technique to be effective

Leg Takedown Technique

The students will work with their partner to block a kick and subsequently take down their opponent in the following manner:

- 1) With the end of the shindo meet the opponent's kick in the shin or ankle area, to stunt the power and immediately deflect the kick away with the other end, exposing the opponent's back
- 2) Release the shindo with the hand closest to the opponent and roughly grab the closest shoulder while at the same time pushing the shindo between the opponents legs (above the far knee)
- 3) Pull on the shoulder and twist the shindo at the same time to rotate the opponent and take them off balance
- 4) Follow the opponent to the ground and apply pressure to the back of the leg with the shindo

Some key points for this technique are as follows:

- a. The kick should be deflected only so that the leg falls in close proximity to the blocker (proper distancing)
- b. The shindo must be above the opponents knee to provide effective leverage for the takedown
- c. Knocking the opponent off balance prior to the takedown will make the takedown itself easier

Division 5 – Kata: Shindo Nidan Review

Technique Advancement

Shindo Nidan should be reviewed to ensure proper technique is being practiced. If necessary, correct and refine the techniques that are being done incorrectly. It may be necessary to demonstrate the bunkai of some sequences again, for clarity

Sequencing Advancement

One or more sequences may be chosen at the instructor's discretion. The sequences should be worked for fluency purposes, to advance the sequencing knowledge in the students

Division 6 – Kata: Cio Bo Tie

Specific Kata Sequences

Certain sequences or techniques from the kata may be chosen by the instructor to be worked prior to the learning of the complete kata. This will facilitate the teaching process and allow for specific technical aspects to be taught. Some of the sequences that should be considered are the following:

- 1) The last two sequences
 - a. Not a lot of distance is covered
 - b. Proper line of force is very important (how the hands rotated to achieve this)
- 2) The preceding sequence with double-blocks and strikes
 - a. Shuffling forward is completed on the double-block, not the strike
 - b. Stepping around the opponent to open a striking line of sight to the back of the knee
- 3) Other techniques at the instructor's discretion

****NOTE: as the fluency of the shindo moves becomes more of a reality, it is important not to lose sight of the basics. Be sure to keep an open eye for improper basic technical aspects**

Some general key points to keep in mind as you are instructing this course:

- 1) Never let the basics become compromised when doing shindo. All basics should be incorporated into training
- 2) Many shindo students try to overpower the shindo
- 3) Let the hip action generate the force of the technique, and that it coincides with the delivery
- 4) Be conscious of the push/pull action required for the shindo with proper grips
- 5) When working strikes, do not round off the technique. Always use the shortest distance (a straight line) when delivering striking techniques

Learn and Perform Cio Bo Tie

By the end of this section, to be taught in a method of the instructor's choosing, each student should be able to perform the kata Cio Bo Tie

Advanced Shindo – Course Outline

DIVISION 1 – ADVANCED SHINDO TECHNIQUES (NIHON KUMITE)

- 12 Techniques

DIVISION 2 – KATA: SEISHIN NO SHINDO

- Specific Kata Sequences
- Learn and Perform Seishin no Shindo

Division 1 – Advanced Techniques (Nihon Kumite)

12 Techniques

****NOTE: this entire section should be done with partners and soft shindos to avoid unnecessary injury**

The students will perform a series of techniques to defend against attacks from students with both empty hands and a shindo as a weapon

- 1) Begin with your right leg forward in offensive grip. The attacker also has right leg forward and delivers a right punch to the head. The front end of the shindo performs an ude uke with hip action pulling to the right side of the body. Step in with the left foot as a strike is delivered to the mid-section with the same end of the shindo. Continue motion (pivot) around behind opponent using a reverse cross-grip strike to the back of the knee. Shift away on a 45° angle to a ready position. Return shindo to ready position, ending up with the right leg and arm forward in an offensive grip. This technique is to illustrate shifting around the attacker's body.
- 2) Begin with both the defender and attacker having their left legs forward, and the shindo is held in an offensive grip. The attacker delivers a right front kick (left foot of defender does not move). The right end of the shindo shifts over top of the kick to the outside of the leg and scoops the leg. As the leg is scooped by the shindo, the right leg shifts off the centre line (side step). If the left kick is used as an attack, the left end of the shindo comes over the leg, swings under the attacker's leg and the defender's left leg shifts back. Grips can be changed at discretion. The purpose of this technique is to teach shifting off the centre line.
- 3) Begin in a natural stance with a defensive grip. The attacker delivers a roundhouse kick to the mid-section. The defender shifts slightly forward with the right leg to meet the attack, performing a cross-body vertical block, blocking the kick with the centre of the shindo (right hand is on top). The top end of the shindo (right) is pulled to the right side of the body (kumai) and the left end drives upward. The angle of entrapping end of the shindo is determined by the angle of the kick and its height. Step in for a takedown.
- 4) Begin with the left leg forward and an offensive grip, 90° to the line of the attacker (the attacker is on left side of defender with their right leg forward). The attacker, with left leg forward, delivers a reverse punch to the head. The defender steps their left foot back into juji dachi while performing an ude uke block with the top part of the shindo. Shifting into sanshen dachi (right foot forward) and striking to the solar plexus area with an uppercut motion. This technique illustrates hip action and fundamentals of continuous motion.
- 5) Begin in natural stance with a defensive grip. The attacker shuffles forward with the right leg forward delivering a bokken grip strike to the upper body (collarbone). The defender steps forward with the left leg and blocks using the centre of the shindo, continuing the motion to the side clearing the attacker's shindo. The right hand grip is changed to offensive (becoming the top hand) and the defender continues to sidestep through, striking the wrist or forearm area of the attacker. This technique makes use of fluent and continuous hip action. The kumai position and angle of the finish are important.
- 6) Being in natural stance using a defensive grip. The attacker uses a bokken grip to strike at the collarbone area with the left hand high. The defender steps with the right leg forward (if attacker has left hand on top in bokken grip – opposite if the other hand) blocking the attack at the base of the bokken grip using the centre of the shindo and a Sabaki action with the shindo. The defender then continues to shift to the right side and changes to a bokken grip with the right hand high, attacking the wrist or forearm of the attacker. Continuing around the attacker, step into juji dachi and with a circular motion (counter-clockwise) strike the back of the

attacker's knee. Shift away from the attacker to a ready position. The timing of the strike, hip action, and stances are to be completed at the same time.

- 7) Begin in a natural stance and a defensive grip. The attacker has the left foot forward and thrusts with the shindo deep to the defender's upper body. As the thrust reaches the focus point (target), the defender shifts on a 45° angle to the left. As the shift is performed, the left and then right hand slides down the shindo to a bokken grip. As the stance lands, the bokken strike is performed. Fluency, timing and retraction are necessary for this technique. **Note: slide the right hand to the 1/3 position. The left hand changes from defensive to offensive grip. Continue with the right leg in a clockwise direction, landing in a wide sanshen dachi. Perform an offensive strike (left hand high) to the wrist or forearm, and then step away in the ready position.
- 8) Begin with either left or right foot forward, with an offensive grip. The attacker slides the shindo into a bokken grip. As the last hand reaches position, the defender shifts forward and attacks the opponent's wrist. Then swing the shindo around to the opposite side of the opponent and strike the bicep using a cross-bokken grip. It then retracts clockwise to the opponent's right side, striking at the back of the knee. Step away in the ready position. This technique is an attacking combination.
- 9) Begin toe to toe, with offensive grip. The attacker thrusts to the mid-section and the defender shifts to the left side on an angle, striking to the wrist or forearm area. The defender then strikes with an uppercut motion to the attacker's arms, hands, or weapon. The shuffling motion is continued and the grip is changed to a bokken grip, and a strike is delivered to the mid-section. Step away into a ready position.
- 10) Begin with the right leg forward (both partners) with offensive grip. The attacker thrusts to the mid-section. The defender sidesteps and performs an osoto vertical block, then performs a cross-body strike in a downward motion to the upper arm and wrist area (simultaneously). Continue the motion around the attacker into juji dachi (left leg back) behind the attacker and strike the back of the knee. Shift back into a ready position. **Note: before starting this advanced technique, a side shifting exercise should be completed.
- 11) The defender has the left leg forward with an offensive grip. The attacker has left leg forward, and performs a reverse punch to the head. The defender performs an outside cross-body block with the left hand high stepping into a juji dachi with the right leg behind toward the right side of the attacker. Continue the fluent body rotation in a clockwise motion, performing a thrust with the right hand end of the shindo to the floating rib. Continue stepping into a juji dachi with the left leg forward. Continuing the rotation in a clockwise direction, perform an offensive strike with the left hand to the back of the attacker's right knee. Adjust your stance, if necessary, so you are behind the attacker, grab the back of the collar with the left hand, place the right foot behind the attacker's right knee and simultaneously pull back with the hand and push out with the foot. **Note: It is important to stay tight to the opponent.
- 12) Begin with both partners having the right leg forward and offensive grips. The attacker delivers an offensive strike to the collarbone. The defender side-steps by stepping into juji dachi with the left leg behind at the same time performing an offensive strike to the line of attack (the wrist and forearm). Continue rotating the body in a counter-clockwise direction performing a thrust strike to the floating rib area with the left hand end of the shindo. Step into juji dachi with the right leg forward and continue the rotation in a counter-clockwise direction, performing an offensive strike to the back of the knee. Step away into a ready position. **Note: the attacker can use offensive, defensive, or bokken grips.

Division 2 – Kata: Seishin No Shindo

Specific Kata Sequences

Certain sequences or techniques from the kata may be chosen by the instructor to be worked prior to the learning of the complete kata. This will facilitate the teaching process and allow for specific technical aspects to be taught. Some of the sequences that should be considered are the following:

- 1) The first sequence of the kata
 - a. Work the hip action
 - b. Chi down as the rotation occurs
- 2) The hand-changing sequence
 - a. Ensure the hand never leaves the shindo
 - b. Work for fluency of the moves
- 3) The double bokken strikes
 - a. No wind up of the shindo should occur
 - b. Proper line of force
 - c. Locking the shindo with sabaki motion as the stance finishes
- 4) More techniques or sequences at the instructor's discretion

Learn and Perform Seishin no Shindo

The instructor may teach this section in a manner of their choosing, but by the end of this section, each student should be able to perform the kata Seishin no Shindo

BASIC Level Grading Form

Date:	NAMES:							
Grading Instructor:								
BASICS								COMMENTS
Observe	Bow-in Knowledge							
Natural Stance – Mid-section Strikes	Hand Position							
	Push/pull action							
	Shindo locked to body							
	Hand rotation							
	Angle of grip							
	Hand stays in contact							
Zenkutsu Dachi – High/Low Strikes Moving Forward	Hip action							
	Hand position							
	Stance form							
	Hand change							
Juji Dachi to Kiba Dachi	Hip action							
	Focus							
	Body lock							
	Ready position							
Thrusting Concept – Grip	Close thrust							
	Long thrust							
Cross-body Block	Coverage							
	Hand positions							
	Push/pull action							
Triple Strike Combination Areas	Focus							
	Collarbone							
	Ribs							
	Thigh							
Two-Line Techniques – Osoto and Ude Uke	Understanding of technique							
	Application with partner							
PAGE 1 - TOTALS								

BASIC Level Grading Form

Date:	NAMES:							
Grading Instructor:								
KATA								COMMENTS
Presentation	Bow-in/Bow-out							
	Holding Shindo							
	Poise							
General	Completion							
	Acceptable speed							
	Power							
	Sequencing							
Specific	Technique Placement							
	Sokui Uke							
	Osoto Sequence							
	Hand Change							
	Bunting Sequence							
	Grip in thirds							
	Angle of Grip							
	Hand rotation							
TOTAL – PAGE 1								
TOTAL – PAGE 2								
TOTAL - FINAL								
ANALYSIS – COMMENTS (POINT FORM)								
MARKING SYSTEM								
3 POINTS PER TECHNIQUE				TOTAL MARKS			123 POINTS	
				PASS MARK			75 POINTS	
				DISCRETIONARY MARK			5 POINTS	
PASS <input type="radio"/>			PASS WITH CONDITIONS <input type="radio"/>			FAIL <input type="radio"/>		

INTERMEDIATE Level Grading Form

Date:	NAMES:							
Grading Instructor:								
MARKING SYSTEM P = PASS F = FAIL		COMMENTS						
Basic Techniques								
Observe (observed during the basic technique review)	Bow-in procedure							
	Hip action							
	Technique placement							
	Hand Placement							
	Push/pull action							
Boken Strikes	Snap of technique							
	Control of technique							
	Placement of technique							
Two-Line Techniques (Technique Placement and Control Grip)	Osoto Uke							
	Ude Uke							
Intermediate Techniques – In Line Techniques								
Hand-Changing Technique	Left Side							
	Right Side							
	Left/Right Combo							
Low Block	Side to side							
	Moving Forward							
Intermediate Techniques - Partner Techniques								
Inside Block/Strike Combo								
Sokui Uke								
PAGE 1 – TOTAL PASSES								

INTERMEDIATE Level Grading Form

Date:	NAMES:							COMMENTS
Grading Instructor:								
Combination Techniques								
Bicep Strike/Empi Strike/Collarbone Strike Combination								
Cross-body Block/Grip Change and Ude Uke/Mid-section Strike								
Control and Takedown Techniques								
Arm Lock								
Leg Takedown								
Kata								
Shindo Nidan								
Cio Bo Tie (complete and correct techniques)								
TOTAL PASSES – PAGE 1								
TOTAL PASSES – PAGE 2								
TOTAL PASSES – FINAL								
ANALYSIS – COMMENTS (POINT FORM)								
MARKING SYSTEM								
23 TOTAL TECHNIQUES				16 PASSES REQUIRED FOR ADVANCEMENT				
PASS <input type="radio"/>				FAIL <input type="radio"/>				

ADVANCED Level Grading Form

Date:	NAMES:							
Grading Instructor:								
MARKING SYSTEM P = PASS F = FAIL								COMMENTS
Basic and Intermediate Techniques								
Observe (observed during the basic and intermediate technique review)	Strike areas							
	Technique placement							
	Grip types							
	Angle of grip							
	Grip changes							
	Hand placement							
	Hip action							
	Push/pull action							
	Taisabaki							
	Technique control							
	Arm-lock							
	Leg takedown							
Nihon Kumite – Advanced Shindo Techniques								
Name of Technique								
A -								
B -								
C -								
D -								
E -								
PAGE 1 – TOTAL PASSES								

ADVANCED Level Grading Form

Date:	NAMES:							COMMENTS
Grading Instructor:								
F -								
G -								
h -								
I -								
J -								
K -								
L -								
KATA								
Shindo Nidan								
Cio Bo Tie								
Seishin no Shindo								
WAZA KUMITE (Controlled)								
Technique Control								
Technique Placement								
Blocking								
Control of Shindo								
Proper Grips								
Bow-in/Bow-out Procedure								
33 TOTAL TECHNIQUES					25 PASSES REQUIRED FOR ADVANCEMENT			
PASS <input type="radio"/> FAIL <input type="radio"/>								

Summary of Shindo Grading

1 copy to the President • 1 copy to the Student

1. Student's Name	
Date	
Passbook #	
Date Of Last Grading	
Advancing To Rank Of	
Club	
Instructor	
2. Student's Name	
Date	
Passbook #	
Date of Last Grading	
Advancing To Rank Of	
Club	
Instructor	
3. Student's Name	
Date	
Passbook #	
Date of Last Grading	
Advancing To Rank Of	
Club	
Instructor	
Joseki Board Members	

SCORING

- F - Fail: unsatisfactory for their rank.
- B - Borderline: minimum requirements only.
- P - Pass: very good: competent at their rank.

One package is required per Joseki Board Member grading the specific applicant. This package contains all of the applicant's information plus grading sheets needed for the Joseki Board Member. Application form to be added to package. No rank will be recognized until the Grading Administrator hosting the specific grading sends this package to the President of the Shintani Wado Kai Karate Federation for recording purposes.

Note: You must not fail Section 1 (Basic Techniques) or Section 4 (Katas) of this evaluation

Shindo Grading Sheets

SECTION 1 - BASIC TECHNIQUES

SCORING

F - Fail: unsatisfactory for their rank.

B - Borderline: minimum requirements only.

P - Pass: very good, competent at their rank.

Techniques to demonstrate all aspects of basic shindo technique

					Participant Initials			
No	Stance	Technique	#	Remarks	Score	Score	Score	
1	Hachiji dachi (DEF Grip)	Center line strikes - 3 Levels	20	From hachiji dachi deliver defensive strikes along the center line target, high, middle & low.	F B P	F B P	F B P	
2	Zenkutsu dachi (DEF Grip)	Oi zuki to mid-section	10	Stepping forward with strike to mid-section **TURN with thrust to mid-section and double strike to mid-section**	F B P	F B P	F B P	
3	Zenkutsu dachi (DEF Grip)	Gyaku zuki to mid-section	10	Stepping forward with strike to mid-section **TURN with thrust to mid-section and gyaku zuki**	F B P	F B P	F B P	
4	Zenkutsu dachi (OFF Grip – RFF/RHH)	Collarbone strike	20	Stepping forward, switch both grips and strike with front hand to collarbone **TURN and strike with same grip, then change both grips and strike again**	F B P	F B P	F B P	
5	Kokutsu dachi (OFF Grip – RFF/RHH)	Bicep strike	20	Stepping forward, switch both grips and strike with front hand to bicep **TURN and strike with same grip, then change both grips and strike again**	F B P	F B P	F B P	
<u>COMMENTS:</u>								

					Participant Initials			
No	Stance	Technique	#	Remarks	Score	Score	Score	
6	Reverse nekoashi dachi (OFF Grip – RFF/RHH)	Double cross-body block, collarbone strike	10	Shuffling forward with double cross-body block, then strike to collarbone **TURN with double grip change**	F B P	F B P	F B P	
			10					
7	Kokutsu dachi to zenkutsu dachi (DEF Grip)	Outside block to gyaku zuki	10	Shift into zenkutsu dachi with gyaku zuki, shift back to kokutsu dachi with outside block **PERFORM WITH BOTH SIDES**	F B P	F B P	F B P	
			10					
8	Kokutsu dachi to zenkutsu dachi (OFF Grip)	Collarbone strike to uppercut strike	10	Shift into zenkutsu dachi with uppercut strike to mid-section, shift back to kokutsu dachi with strike to collarbone **PERFORM WITH BOTH SIDES**	F B P	F B P	F B P	
			10					
9	Reverse nekoashi dachi (BOK Grip – RFF/RHH)	Bokken strikes to collarbone and mid- section	10	Shuffle forward with bokken strike to collarbone, sidestep to L with backhand bokken strike to mid- section, sidestep to R with forehand bokken strike to mid-section , switch RH grip, reverse bokken strike to mid -section, switch RH grip, bokken strike to collarbone.	F B P	F B P	F B P	
			10					
10	Kokutsu dachi (DEF Grip)	Shuto thrust	20	Stepping forward	F B P	F B P	F B P	
<u>COMMENTS:</u>								

				Participant Initials			
No	Stance	Technique	#	Remarks	Score	Score	Score
11	Zenkutsu dachi (DEF Grip)	Downward thrust	20	Stepping forward	F B P	F B P	F B P
12	Kiba dachi to juji dachi to kiba dachi (DEF Grip)	Inside block and strike	20	R inside block stepping L to juji dachi, rotate to kiba dachi with L strike to mid-section **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P
13	Hachiji to juji dachi (DEF Grip)	Thrust to mid-section	10 10	Step L behind R into juji dachi with L thrust behind to mid-section, rotate to R high outside block in hachiji dachi **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P
14	Reverse nekoashi dachi to hachiji dachi (DEF Grip - RFF / RHH)	Sokui uki stepping forward	10 10	Step L forward R gedan sokui uki (finish as above) **PERFORM WITH BOTH SIDES**	F B P	F B P	F B P
15	Reverse nekoashi dachi to hachiji dachi (DEF Grip - RFF / RHH)	Sokui uki stepping backward	10 10	Step R back to juji dachi, R gedan sokui uki (finish as above) **PERFORM WITH BOTH SIDES**	F B P	F B P	F B P
<u>COMMENTS:</u>							

Shindo Grading Sheets
SECTION 2 - COMBINATION TECHNIQUES WITH A PARTNER

SCORING

F - Fail: unsatisfactory for their rank.

B - Borderline: minimum requirements only. P - Pass: very good, competent at their rank.

				Participant Initials			
No	Stance	Technique	#	Remarks	Score	Score	Score
16	Hachiji dachi (DEF Grip)	Cross-body block, inside block, mid- section strike	10	Cross-body block (RHH), switch R grip, inside block, switch R grip, strike mid-section.	F B P	F B P	F B P
17	Hachiji dachi (DEF Grip)	Cross-body block, collarbone strike, inside block, mid- section strike	10	Cross-body block (RHH), switch R grip, R backhand collarbone strike, R inside block, switch R grip, R strike mid-section.	F B P	F B P	F B P
18	Nekoashi dachi (OFF Grip - LFF/LHH)	Inside block, uppercut strike to mid-section	10	Step L back to juji dachi, L inside block, R uppercut to mid-section, left collarbone strike. **TECHNIQUE TO BE PERFORMED IN A CIRCLE**	F B P	F B P	F B P
19	Reverse nekoashi dachi (OFF Grip - RFF / RHH)	Cross block, strike collarbone, uppercut.	10	Cross body block, sidestep R with collarbone strike, L uppercut to mid-section, finish stepping in with a DEF grip bunt OR OFF Grip collarbone strike. **19 - 30 PERFORMED WITH A PARTNER**	F B P	F B P	F B P
<p><u>COMMENTS:</u></p>							

					Participant Initials			
No	Stance	Technique	#	Remarks	Score	Score	Score	
20	Reverse nekoashi dachi (DEF Grip - LFF / LHH)	Outside bicep strike - arm lock	10	Shuffle R with R bicep strike (opponents R punch), lock wrist with R hand and extend shindo behind opponent's neck, takedown	F B P	F B P	F B P	
21	Reverse nekoashi dachi (DEF Grip - LFF/ LHH)	Gedan nagae-ashi uki and takedown	10	L->R uke-negashi (opponents R front kick), extend shindo between legs removing L hand, reach across opponents front, grip R shoulder OR under left arm, monkey paw neck takedown ccw	F B P	F B P	F B P	
22	Reverse nekoashi dachi (OFF Grip- RFF/ RHH)	Inside block, uppercut, mid-section strike, knee strike	10	R inside block (opponent's R punch) and L uppercut to mid-section, step L to juji dachi with R mid-section strike, rotate to reverse nekoashi dachi with bokken grip strike to R knee	F B P	F B P	F B P	
23	Hachiji Dachi (DEF Grip)	Cross-body block of kick rotating to takedown	10	Cross-body block (RHH) (opponents R roundhouse), immediately continue motion under leg, up, forward and to R for takedown	F B P	F B P	F B P	
24	Hachiji dachi (DEF Grip - Neutral)	High block/nagae-ashi uki, switch grip, strike to wrist	10	Step L forward (and slightly to side) with L high block deflecting bokken strike R, switch R grip (OFF), R strike wrist, immediately ki down into OFF thrust to solar plexus.	F B P	F B P	F B P	
<u>COMMENTS:</u>								

					Participant Initials			
No	Stance	Technique	#	Remarks	Score	Score	Score	
25	Hachiji dachi (DEF Grip)	High block/nagae-ashi uki, switch grip, strike forearm, then knee	10	Step R forward with high block at base of bokken strike, deflecting L to ground, switch L grip to BOK and R strike to forearm, step into juji dachi with R strike to knee, finish with a bunt.	F B P	F B P	F B P	
26	Hachiji dachi (DEF Grip)	Sidestep 45°, reverse bokken strike, switch grip, bokken strike to wrist	10	Sidestep L 45° avoiding opponents R thrust (move grip L to reverse bokken) with reverse bokken strike to mid-section, change R grip to bokken and strike wrist	F B P	F B P	F B P	
27	Hachiji dachi (DEF Grip)	Sidestep 45°, switch grip, strike to wrist, cross-strike mid-section, strike knee	10	Sidestep L 45° avoiding bokken strike, switch L grip, L OFF strike wrist, step L with L cross-strike to mid-section, release L grip & step L behind opponent extending the shindo across neck for monkey paw choke.	F B P	F B P	F B P	
28	Reverse nekoashi dachi (OFF Grip - LFF / LHH)	Sidestep 45°, strike to wrist, uppercut shindo, bokken strike mid-section	10	Sidestep L 45° avoiding opponents thrust, L strike to wrist, R uppercut at fulcrum clearing opponents shindo, switch L grip to bokken, bokken strike to mid-section	F B P	F B P	F B P	
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	Sidestep L behind R to juji dachi, R strike to wrist, rotate ccw with L backward thrust to mid-section, continue rotation switching L grip to bokken and R bokken strike to knee, kick knee & take down.	F B P	F B P	F B P	
30	Hachiji dachi (DEF Grip)	Gensho Shodan no Shindo opening wrist lock	10	Opponent grabs center Shindo with right hand, ki down sharply pulling the Shindo to center to bend their arm. Cross body block to the left, rotate the Shindo around and under the arm, locking it to hikite on your right side.	F B P	F B P	F B P	

Shindo Grading Sheets

SECTION 3 - ADVANCED COMBINATIONS

SCORING

F - Fail: unsatisfactory for their rank.

B - Borderline: minimum requirements only.

P - Pass: very good, competent at their rank.

Techniques to show proper range and extension

		Participant Initials			
Technique Description	Remarks	Score	Score	Score	
		F B P	F B P	F B P	
		F B P	F B P	F B P	
		F B P	F B P	F B P	
		Overall Score	F B P	F B P	F B P

Shindo Grading Sheets

SECTION 4 - Kata

Participant Initials			
Shindo Nidan	F P	F P	F P
Comments:			
Cio Bo Tie	F P	F P	F P
Comments:			
Seishin no Shindo	F P	F P	F P
Comments:			

Participant Initials			
Kushanku no Shindo (Shodan)	F B P	F B P	F B P
Comments:			
Taisei no Shindo (Nidan)	F B P	F B P	F B P
Comments:			
Chinto no Shindo (Sandan)	F B P	F B P	F B P
Comments:			
Wanshu no Shindo (Yodan)	F B P	F B P	F B P
Comments:			

Note: to pass this overall examination:

- You must pass Shindo Nidan, CioBoTie, and Seishan No Shindo.
- You must pass the kata specific to your rank.
- You cannot have any more than 2 katas that are borderline or lower.

Shindo Grading Summary

			Participant			
Score			Strength	Weakness	Recommendations	
Section 1 Basic Techniques						
F	B	P				
Section 2 Combinations						
F	B	P				
Section 3 Instruction						
F	B	P				
Section 4 Kata						
F	B	P				

Pass	Yes	No
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Shindo Grading Summary

			Participant			
Score			Strength	Weakness	Recommendations	
Section 1 Basic Techniques						
F	B	P				
Section 2 Combinations						
F	B	P				
Section 3 Instruction						
F	B	P				
Section 4 Kata						
F	B	P				

Pass	Yes	No
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Shindo Grading Summary

			Participant			
Score			Strength	Weakness	Recommendations	
Section 1 Basic Techniques						
F	B	P				
Section 2 Combinations						
F	B	P				
Section 3 Instruction						
F	B	P				
Section 4 Kata						
F	B	P				
Pass			Yes		No	



Shindo Grading Application

Grading To: Shodan: Nidan: Sandan: Yodan: Godan:

Application Date			
TO BE COMPLETED BY APPLICANT			
First Name		Last Name	
Address			
City		Province	
Postal Code		Phone No	
Birth date		Gender	
Email			
Passbook Number			

Present Shindo Rank		Present Karate Rank <i>(if applicable)</i>	
Last Shindo Grading Date		Last Karate Grading Date <i>(if applicable)</i>	
Club		Primary Instructor	
Date of Enrolment in Shindo		Other Martial Arts <i>(if applicable)</i>	

Shindo Training Schedule			
Average # hour/week		Average # months/year	

Shindo Teaching Schedule			
Average # hour/week		Average # months/year	

Disabilities/Injuries <i>(Please list if applicable)</i>			
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Shindo Grading Application

First Name		Last Name	
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Shindo Gradings	Date Graded	Instructor
Basic		
Intermediate		
Advanced		
Shodan		
Nidan		
Sandan		
Yodan		
Godan		

Shindo Ranks from Sensei Shintani *(if applicable)*

Please itemize any Shindo Ranks you received from Sensei. The rank on those certificates will be honored. This grading application is for your **next advancement** in rank in Shindo (ie. Sensei graded to "Nidan" – next eligible rank is "Sandán").

Shindo Rank Awarded		
Date Graded		
* Grading Organization		
Certificate Number		

* i.e. "Shindo Federation of North America", "World Congress of Shintani Shindo", etc.

What benefits have you achieved through Shindo training?

(Use separate sheet if necessary)



Shindo Grading Application

TO BE COMPLETED BY INSTRUCTOR

Applicant First Name		Applicant Last Name	
Applicant Present Shindo Rank		Applicant Present Karate Rank <i>(if applicable)</i>	
Applicant Last Shindo Grading Date		Applicant Last Karate Grading Date <i>(if applicable)</i>	
Applicant Club		Applicant Primary Instructor	

Applicant Shindo Training Schedule

Average # hour/week		Average # months/year	
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Applicant Shindo Teaching Schedule

Average # hour/week		Average # months/year	
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INSTRUCTOR INFORMATION

Instructor First Name		Instructor Last Name	
Instructor Phone No		Instructor Sensei	
Present Shindo Rank		Present Karate Rank	
Last Shindo Grading Date		Last Karate Grading Date	
Teaching Certificate No			

Why are you recommending this student for advancement? *(Use separate sheet if necessary)*

Shindo Demonstration Format

Shindo Demonstration – Possible Format

It is suggested that there be at least 10 students, all with both hard and soft shindos readily available, though not all will need them at all times

A good idea, is to have some youth as well as adults, both beginners and experienced students

Introduction – 1 minute

- 1) Have the students line up and bow-in, like at the beginning of class (Shinzen, dojo, shindo)
 - a. It is an option here to have someone commentate during the bow-in, or just after, to explain what was happening to the spectators
- 2) Have the students line up

History – 2 minutes

- 1) A brief introduction to shindo
 - a. The history (which is available on the website)
 - b. The difference between the practice shindo and the soft shindo
 - c. The use of shindo as self-defense, in a non-aggressive manner
- 2) Some mention should be given to the parallel between traditional karate and shindo practice, which leads nicely into some basic techniques

Basics – 7-11 minutes

**it is suggested that every other student have a shindo, the others without, to demonstrate how similar the techniques are with or without the shindo (may want to work with partners here also)

- 1) Defensive grip
 - a. Blocks (1-2 minutes)
 - i. Inside block
 - ii. Cross block
 - b. Strikes (1 minute)
 - i. High punches
 - ii. Low punches
 - iii. Solar plexus punches
- 2) Offensive grip
 - a. Blocks (1 minute)
 - i. Outside block
 - b. Strikes (1 minute)
 - i. Thrust
- 3) Bokken grip (1 minute)
 - a. Strikes to either side of a held shindo (working with a partner)

The running commentary will describe some of the basic aspects of shindo

- a. Target areas of blocks and strikes
 - b. Hip action
 - c. Lines of force
 - d. Grips and holds
 - e. Fulcrum
- 4) Shindo Nidan (1 minute)
- a. Everyone does the kata together
 - b. Demonstration of a couple bunkai interpretations (additional 2-4 minutes depending on the number of techniques chosen, at about 30 seconds per technique to complete)

Intermediate (3-5 minutes)

**suggested to work in partners, to demonstrate effectiveness and application explicitly

- 1) Combinations
- a. Can be taken from the DVD directly or created by any shindo instructor
 - b. Demonstrate in single counts, and then with fluency (each combination will take 1-2 minutes to complete)

The running commentary will discuss the finer points of the techniques

Advanced – 5-7 minutes

- 1) Advanced combinations (3-4 minutes)
- a. Can be taken from DVD directly or created by any shindo instructor
 - b. Should include side-stepping, disarming with precise strikes, continual body motion (1-2 minutes per combination to complete)

The running commentary will again discuss the finer points of the combinations

- 2) Kushanku no Shindo (2 minutes)
- a. Performed by a couple of advanced students (may choose to have some with and some without shindo, synchronized)
 - b. Bunkai application for a couple selected techniques (additional 1 minute for each technique performed, to complete)

Outro – 1 minute

- 1) The students should line up again, and bow to finish the demonstration as they began it
- 2) Minimal discussion is needed, except to state that it is similar to the beginning bows

SHINDO FEDERATION OF NORTH AMERICA

Under the direction of the SWKKF

This certificate is awarded to

for participation at the

in the _____ level.

Dated at _____, _____ this _____ day of _____,

Instructor: _____



SHINDO FEDERATION OF NORTH AMERICA

Under the direction of the SWKKF

This certificate is awarded to

*for participation at the
NATIONAL SHINDO CLINIC*

in the _____ level.

Dated at _____, _____ this _____ day of _____,

Instructor: _____



SHINDO FEDERATION OF NORTH AMERICA

Under the direction of the Shintani Wado Kai Karate Federation

This is to certify that _____ has this day been graded and qualified to the _____ level in Shindo in recognition of his/her diligence, honour and integrity in the study of Shindo. He/She has proven to be mentally, spiritually and physically worthy of this level.

dated at _____, _____ this _____ day of _____, _____

In Memory of
Master Masaru Shintani, Judan
Founder - SWKKF
Shindo Federation of North America

Masaru Shintani



Instructor

Sensei Denis Labbé - 9th Dan
President SWKKF and
Shindo Federation of North America

			RANK			
NAME	PASSBOOK	AGE	KARATE	SHINDO	DOJO	SHINDO CLINIC
				<input type="checkbox"/> None <input type="checkbox"/> White <input type="checkbox"/> Green <input type="checkbox"/> Brown <input type="checkbox"/> Gold 1 <input type="checkbox"/> Gold 2		<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Black Belt Level
				<input type="checkbox"/> None <input type="checkbox"/> White <input type="checkbox"/> Green <input type="checkbox"/> Brown <input type="checkbox"/> Gold 1 <input type="checkbox"/> Gold 2		<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Black Belt Level
				<input type="checkbox"/> None <input type="checkbox"/> White <input type="checkbox"/> Green <input type="checkbox"/> Brown <input type="checkbox"/> Gold 1 <input type="checkbox"/> Gold 2		<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Black Belt Level
				<input type="checkbox"/> None <input type="checkbox"/> White <input type="checkbox"/> Green <input type="checkbox"/> Brown <input type="checkbox"/> Gold 1 <input type="checkbox"/> Gold 2		<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Black Belt Level
				<input type="checkbox"/> None <input type="checkbox"/> White <input type="checkbox"/> Green <input type="checkbox"/> Brown <input type="checkbox"/> Gold 1 <input type="checkbox"/> Gold 2		<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Black Belt Level
				<input type="checkbox"/> None <input type="checkbox"/> White <input type="checkbox"/> Green <input type="checkbox"/> Brown <input type="checkbox"/> Gold 1 <input type="checkbox"/> Gold 2		<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Black Belt Level
				<input type="checkbox"/> None <input type="checkbox"/> White <input type="checkbox"/> Green <input type="checkbox"/> Brown <input type="checkbox"/> Gold 1 <input type="checkbox"/> Gold 2		<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Black Belt Level