

Kosho Shorei Shin Kai *Kosho Shorei Ryu* Kyu/Dan Keiko • Adults

David LoPriore, L.Ac., Kai Cho, Kosho Shorei Shin Kai Headmaster • Hombu Dojo, East Lyme, Connecticut • As of June, 2009

Rank	Kata & Bunkai	Kohyo • Energy Medicine	Shodo/Philosophy
For promotion to : 6th Kyu, Yellow	Zig-Zag Drills; Escaping, Gedan Barai, Shuto Uke & other Octagon Drills; Ryote Tori Kagi Juken Kata; Kosho Shorei Energy Gathering Meditation; Vocab/terms- (go online)	Basic Terminology & Theory Five Elements, Sheng & Ke Cycles Korean Hand Therapy (Sooji), Anma, & Sotai	Study Philos. of the KSR Crest (all ranks) Read & reference www.OldPineTree.com Count + Kanji 1-10; Basic brush strokes
for 5th Kyu, Orange	Mitose S. Hammer- & Internal Octagons; Pinan Shodan; Jojutsu basics; Katate Tori Kagi Juken Kata; Kihon Jiyu Kumite; "Lightning Hands" Onna No Atemi drills Fusing the 5E and Dai Nippon Shiatsu-Kai Ki Waza	Trace LU & LI Meridians; LU & LI in Seikempo 4 Gates, 4 Command Points (English name, location, and basic uses in treatment) Five Elemental Coping Mechanism Stories	Submit single-kanji works of: Ko, Sho, Ryu, Ken, Ho, To (Kaisho style) Read <i>Tao Te Ching</i> , <i>KSR Shodo Manual</i> , & <i>KSSK Online Manual (whole site)</i> . Post Gs
for 4th Kyu, Purple*	Advanced Octagons- (3/8, Box, DD, ...), 12-6-3 Theory & Drills; Pinan Nidan; Ha Po No Jo Shodan & Nidan; Katate Tori Kote Hineri & Kote Gaeshi Juken Kata; <i>Shen Qi Gui Yuan</i> - Kidney Qi Return to Origin Neigong Form	Trace ST, SP, HT, & SI Meridians Basic Meridial Stretch kata, Basic Kyusho pts Know the 12 Yin/Yang organs + elements Additional Points' Seikempo Bunkai (all ranks)	Brush: Ka, Mizu, Do, Kon, Moku, Shin, Jitsu, Getsu, Chiku, Bai, Sho, Rei Read <i>Wisdom of No Escape</i> (Chodron) & study <i>KSSK Shodo Manual</i>
for 3rd Kyu, Blue	Nai Han No Kata; Ha Po No Jo Sandan & Yondan; 3 listed Juken Kata; Jiyu Bunkai; Mitose Sensei Kokyu Ho, 5E Kiba Dachi Ki Waza; Kihon Bunkai for Pinan Shodan, Pinan Nidan & Naihan No Kata	Trace BL, KI, PC, TW, GB, & LV Meridians Law of Six Harmonies; Principle of Imagery Adv. Meridial Stretch with basic Sotaijutsu Kihon Teki Seifukujutsu	Brush: Kawa, Yama, Te, Kome, Ta, Sei, Shin, Ki, Ai, Seki, Kai, Sei, In, Yo <i>Laws of Spirit</i> (Millman) &/or <i>Hagakure</i> ; Understanding basics of Shorei
for 2nd Kyu, Green	Randori; Pinan Sandan; 5 more listed Juken Kata; Tanjo-, Tanto- & Unarmed Rolling Patterns; 3 alt. versions of previous kata; White Cloud Neigong Primary Form; Natural Law outdoor keiko/retreat	<i>Traditional Acupuncture</i> Vol. III (Worsley) Shu & Shen Surf; Ampuku; Meridial Diagnosis 6 Yin Shu Points: BL-13, 14, 15, 18, 20, 23; Doing basic shiatsu treatments on own	Submit eight scrolls brushed from selections in manual. Use Kanji Dictionary. Read <i>Four Noble Truths</i> . Also <i>Japanese Warrior Monks</i> and/or <i>Scholar Warrior</i>
for 1st Kyu, Brown*	Pinan Yondan & Godan; 7 listed Juken Kata; Randori vs. Multiple Uke; Master B.F. Lau's Taiji Short Form; (KSR Coat of Arms Med); Ha Po No Jo Go- & Rokudan; 3 lai-kata; Kihon Bukai-all kata; Intro: Kakushite-Bunkai	KSR Coat of Arms Meditation Learn 12 Mu/Alarm Points and names Basic Tongue and Pulse Diagnosis Buddhist Life Process & WC Neigong philos.	Submit eight more scrolls: the five elemental virtues 4 from manual & 3 of your choice <i>Ishmael</i> (Quinn) and/or <i>Unfettered Mind</i>
for Shido-In / Class Leader Black Belt	O-Naihan No Kata; Yi Guan Zhan Zhuang Post Postures Advanced KS-Yoga Jumping Arts (Bird, Frog, Dog; etc.) 10 more listed Juken Kata; Ha Po No Jo (all 8); Black Belt level performance of kata and kihon bunkai Kihon Hiden Bunkai; Ego-slaying w/intent; Leadership.	Consistent home ki-waza practice; <i>Traditional Acupuncture</i> Vol. II (Worsley) Learn 12 Yuan/Source Points and names & 12 Luo/Connecting Points and names 10 logged Tx, w/Sx, Tongue, Pulse, Dx, Tx	Consistent home meditation practice; <i>Sword and Brush</i> (Lowry), <i>Essential Kanji</i> , <i>Flashing Steel</i> (Shimabukuro) Submit eight scrolls in Kaisho style Submit 4 pieces in Gyosho style
for Shodan, 1st-Degree Black	Mitose No Keiho; 10 more listed Juken Kata; Aruki No Jo 1&2; 6 laigata/waza, including kumitachi; 5E & other energetics of Najutsu Kaishu Bunkai; Proficiency: Jojutsu Tantojutsu, Kenjutsu Holistic Growth (Self-Shorei); Apprentice-Teaching	<i>The Web that has no Weaver</i> (Kaptchuk) Personal 5E Constitutional Diagnosis Proficiency: external diagnosis: 25 logged Tx+ Beginning to understand Holistic shiatsu; Sawada Ryu Moxibustion <i>Taikyoku</i> kata	Read <i>Yojokun</i> , <i>Go Rin No Sho/Book of 5 Rings</i> (Musashi), + 2 other related books Submit eight scrolls in Kaisho style Submit 8 pieces in Gyosho style <i>Earn your name in Japanese!</i>
for Nidan, 2nd-Degree Black	3 Neko Buto; 10 more listed Juken Kata; 10 Eishin Ryu & 2 KSR Batto Ho; Aruki No Jo 3&4; Polished and alternate performance: all kata Martial Internal Energetics & Revival Techniques. Some embodiment of the Principles of Natural Law. Nidan-level performance of kata and bunkai. Skilled unarmed Goken and Juken Bunkai, as well as skillful weapons bunkai. Holistic Growth (Self-Shorei); Student-Teaching	Perform at least fifty total recorded shiatsu treatments, on at least 25 different people. Qualified in 8P diagnosis with basic internal diagnosis, and KSREM treatment using anma, tsubo ryoho, sooji chim, moxa, & metaphor. <i>Foundations of Chinese Medicine</i> (Maciocia) Sixty 5E Points & Names, IT2PT theory.	<i>True & Pure Karate and Kempo</i> (Mitose) <i>The Art of War</i> (Sun Tzu) <i>The Encyclopedia of Dim Mak</i> (Montaigne) Submit eight more works in each of the three styles: Kaisho, Gyosho, and Sosho. Deeper understanding of Shorei Intention On Path of Cultivation of Virtue
Sandan and higher ranks, including teaching licenses, are evaluated individually			

* 4th Kyu/Purple, 1st Kyu/Brown, and each of the Black Belt ranks are *Break Point Ranks*, where students are transitioning to higher-level studies. Achievement of these ranks will require testing in class in front of Sensei. On these exams, Sensei will ask the student to demonstrate proficiency in Octagon Drills, Ki-Waza, Goken Arts, and Juken Arts. Evaluation includes shodo, for which students must submit sample works they've brushed to fulfill requirements, and reading requirements, for which students may be asked to answer basic questions about what they've read. Reasonable substitution is permissible in each test category.

Kosho Shorei Shin Kai *Kosho Shorei Ryu Kyu* / Dan Keiko • 9-12-year-olds

David LoPriore, L.Ac., Kai Cho, Kosho Shorei Shin Kai Headmaster • Hombu Dojo, East Lyme, Connecticut • As of June, 2009

Rank	Kata & Bunkai	Kohyo • Energy Medicine	Shodo/Philosophy
For promotion to : 6th Kyu, Yellow (and possibly <i>batsugun</i> promo to "Orange-Yellow")	Zig-Zag Drills; Escaping, Gedan Barai, Shuto Uke & other Octagon Drills; Ryote Tori Kagi Juken Kata; Kosho Shorei Energy Gathering Meditation	Basic Terminology & Theory: Yin/Yang, Five Element Generating & Controlling Cycles, Korean Hand Therapy (Sooji) and Anma	Study Philos. of the KSR Crest (all ranks) Read & reference www.OldPineTree.com Count + Kanji 1-10; Basic brush strokes
for 5th Kyu, Orange (and possibly <i>batsugun</i> promo to "Purple-Orange")	Mitose Sensei Hammer-Fist Octagons; Pinan Shodan; Jojutsu basics; Katate Tori Kagi Juken Kata; Kihon Jiyu Kumite; "Lightning Hands" Onna No Atemi drills Fusing the 5E and Dai Nippon Shiatsu-Kai Ki Waza	Trace LU & LI Meridians; LU & LI Meridian 4 Gates, 4 Command Points Five Elemental Constitutional Theory	Submit single-kanji works of: Ko, Sho, Ryu, Ken, Ho, To (Kaisho style) Study <i>Bushidokai Shodo Manual</i> : know stroke order for first 16 kanji
for 4th Kyu, Purple (and possibly <i>batsugun</i> promo to "Blue-Purple")	Advanced Octagon (3/8, Box, DD, ...), 12-6-3 Theory, Drills; Pinan Nidan; Ha Po No Jo Shodan; Katate Tori Kote Hineri & Kote Gaeshi Juken Kata; 5E Animals Walking Qigong	Trace ST & SP Meridians; Know the 12 Yin/Yang organs + elements Basic Meridial Stretch kata	Brush: Ka, Mizu, Do, Kon, Moku, Shin, Jitsu, Getsu, Chiku, Bai, Sho, Sei, Rei Read <i>Secret of the Peaceful Warrior</i> (Millman) or a book from the Adult matrix
for 3rd Kyu, Blue	Nai Han No Kata; Ha Po No Jo Nidan; Mitose Sensei's Kokyu-Ho Ki Waza; Kihon Bunkai; Pinan 1&2; 3 listed Juken Kata; Natural Law Walking & Auditory Drills; Outdoor Training	Trace HT & SI Meridians; (Memorize all 6) Law of Six Harmonies; Principle of Imagery Advanced Meridial Stretch kata Kihon Teki Seifukujutsu	Brush: Kawa, Yama, Te, Kome, Ta, Sei, Shin, Ki, Ai, Seki, Kai, Sei, In, Yo Read <i>Quest for the Crystal Castle</i> (Millman) or a book from Adult matrix; Basic <u>Shorei</u>
for 2nd Kyu, Green	Internal Octagon; Pinan Sandan; 5 more listed Juken Kata; 2 laigata/waza (swordsmanship kata/drills), or the Tanjo Rolling Pattern; Ha Po No Jo Sandan; Kihon Jiyu Bunkai; Natural Law Outdoor Training	Trace BL & KI Meridians (Memorize all 8) 6 Yin Shu Points: BL-13, 14, 15, 18, 20, 23 Basic understanding of local and distal points and their use for colds and versus pain.	Submit four scrolls (multiple-kanji works) brushed from selections in manual. Read <i>Brother Eagle Sister Sky</i> & <i>Old Turtle</i> , or a book from Adult matrix; Understanding basics of <u>Shorei</u>
for 1st Kyu, Brown *	Randori & Gauntlett Bunkai Drills; Pinan Yondan; Ha Po No Jo Yondan; Tanjo Rolling Pattern; Kote Gaeshi Tobji/Otosu Nage + 5 more Juken Kata 5E Kiba Dachi Ki Waza; Kata in a Box; Animal-style versions of previous kata	Keiraku Kata: be able to trace all 12 Organic Meridians, in order; Shu & Shen Surf; Ampuku	Submit four scrolls (multiple-kanji works) brushed from selections in manual. Learn basics of <i>Essential Kanji</i> Read <i>Japanese Warrior Monks</i> (Turnbull) or other approved age-appropriate book
For Shido-In, Class Leader-Youth Black Belt (with White Stripe). <i>[Adult Shido-In Black Belt requires 16 years of age.]</i>	Pinan Godan; O-Naihan No Kata; 5 more Juken Kata; Ha Po No Jo (6) or 4 laigata/waza (swordsmanship kata)/combo; Kidney Qi Return to Origin Neigong Home practice & Demo of kata bunkai & randori; <i>Skilled performance of previous Goken & Juken Kata</i>	Regular home ki-waza practice; KSR Coat of Arms Meditation Know basic functions of 12 organs. Learn 12 Mu/Alarm Points and names Ampuku	Regular home meditation practice; Read <i>Sword and Brush</i> (Lowry) or another approved, age-appropriate book; Submit eight more scrolls and eight single-kanji works
For Shodan, 1st Degree Youth Black Belt (White Stripe)	Mitose No Keiho; Advanced Kosho Shorei Yoga Jumping Arts 8 more listed Juken Kata; Ha Po No Jo (All) 6 laigata/waza (swordsmanship kata/drills)	Learn 12 Yuan/Source Points and names Meridial- and basic Tongue & Pulse Diagnosis	Read <i>Zen in the Martial Arts</i> (Hyams) Submit eight more scrolls: the five elemental virtues, and 7 scrolls from the manual <i>Earn your name in Japanese!</i>
For Nidan, 2nd Degree Youth Black Belt (White Stripe)	Neko Buto Shodan; 10 more listed Juken Kata; Aruki No Jo Shodan; 2 Kumitachi/jo; Knife defense White Cloud Neigong Primary Form (18 movements)	Learn 12 Luo/Connecting Points and names Perform at least 10 recorded shiatsu treatments	Read two more related books (See Sensei) Submit 8 works, in Kaisho & Gyosho (16)
For Sandan, 3rd Degree Youth Black Belt (White Stripe)- last possible rank before transferring to adult curriculum	Polished and alternate performance methods: all kata 3 Neko Buto; Master B.F. Lau's Taiji Short Form 10 Eishin Ryu Shoden Batto Ho; Aruki No Jo Nidan; 10 more listed Juken Kata;	Read <i>Traditional Acupuncture</i> Vol. II (Worsley) Perform a total of 25 recorded shiatsu treatments, on at least 10 different people.	Read two more related books (See Sensei) Submit eight works, in Kaisho, Gyosho and Sosho styles (24 total)

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Kosho Shorei Shin Kai *Kosho Shorei Ryu* Kyu Keiko • 7 & 8-year-olds

David LoPriore, L.Ac., Kai Cho, Kosho Shorei Shin Kai Headmaster • Hombu Dojo, East Lyme, Connecticut • As of June, 2009

Rank	Kata & Bunkai	Kohyo • Energy Medicine	Shodo/Philosophy
For promotion to 8th Kyu, Yellow	Zig-Zag Drills, Escaping Arts Octagon Drill Fundamental Blocks, Strikes, Stances, Kicks Katate Tori (wrist grab) Escaping Tricks "Settle the Ki" energy-calming exercise	Basic Terminology & Theory Sitting Meditation for 1 minute	Study of the KSR Crest (all ranks) Count + Kanji 1-10 Basic brush strokes
For 7th Kyu, "Orange-Yellow"	Gedan Barai Octagon Drill More Blocks, Strikes, Stances, Kicks Double Grab Kagi Fusing the Five Elements Taiji-Qigong	Terminology & Theory Sitting Meditation for 2 minutes Trace Lung (LU) Meridian	Write/brush Kanji 1-10 Basic Japanese Terminology
for 6th Kyu, Orange	Shuto Uke Octagon Drill Grabbing attacks with Nage (Throwing) bunkai Pinan Shodan-Sho 5E Animals Walking Qigong	Five Elements, Sheng & Ke Cycles Basic Korean Hand Therapy (Sooji) Trace Large Intestine (LI) Meridian	Memorize, Write/Brush Kanji: Ko, Sho, Ryu, Ken, Ho, To. Ask parents to help read KSSK Student Manual at www.OldPineTree.com
for 5th Kyu, "Purple-Orange"	Mitose S. Hammer-Octagons Pinan Shodan; "Frankenstein Drill" + Single Hand Grab Kagi Juken Kata + Pin Dai Nippon Shiatsukai Ki-waza (Collection & Dispersion) exercises	4 Gates, 4 Command Points Trace Stomach (ST) Meridian	Memorize 6 of the following Kanji: Ka, Mizu, Do, Kon, Moku, Shin, Jitsu, Getsu, Chiku, Bai, Sho, Rei. Submit 6 brushed Shodo pieces for: kanji 1-10 and/or Ko, Sho, Ryu, Ken, Ho, To.
for 4th Kyu, Purple *	Advanced Octagon (Angle Pairs, Box & Diamond), Pinan Nidan-Sho White Cloud Monastery Neigong Opening Set (6 movements) "Frankenstein" + One-Hand grab: Kote Hineri, & Kote Gaeshi with back break-fall	4 Gates, 4 Command Points with names and basic uses; Trace LU, LI, ST & Spleen (SP) Meridians Sitting Meditation for 5 minutes Ask parents to help study all four of these meridians in the secure online manual at www.OldPineTree.com	Memorize/Recognize all 12 Kanji: Ka, Mizu, Do, Kon, Moku, Shin, Jitsu, Getsu, Chiku, Bai, Sho, Rei. Submit 8 brushed Shodo pieces, of any 8 single characters learned so far. <i>Secret of the Peaceful Warrior</i> (Millman) Ask parents to help study terminology and the stroke order for kanji in online manual at www.OldPineTree.com
for 4th Kyu, "Blue-Purple"	Advanced Octagon 3/8s Drill Gedan Barai-Age Uke Octagon Drill, & variations of Octagon with two-handed or gyaku-te waza Pinan Nidan Mitose Sensei's Kokyu-Ho Ki-Waza Three more Juken Kata	Re-visit LU, LI, ST, & SP Meridians Trace HT & SI Meridians 12 Yin/Yang organs and 5E correspondences Shu & Shen Surf treatment Ask parents to help study all six of these meridians in the secure online manual at www.OldPineTree.com	Memorize 6 of the following Kanji: Kawa, Yama, Te, Kome, Ta, Kabane, Seki, Kai, Sei (2), In, Yo Submit 8 brushed Shodo pieces, of any 8 single characters learned so far. <i>Quest for the Crystal Castle</i> (Millman) Ask parents to help study terminology and the stroke order for kanji in online manual at www.OldPineTree.com
for 3rd Kyu, Blue	See 9-12 year-olds matrix. Sensei will make age-appropriate modifications as necessary.		

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Kosho Shorei Shin Kai *Kosho Shorei Ryu* Kyu Keiko • 5 & 6-year-olds

David LoPriore, L.Ac., Kai Cho, Kosho Shorei Shin Kai Headmaster • Hombu Dojo, East Lyme, Connecticut • As of June, 2009

Rank	Kata & Bunkai	Kohyo • Energy Medicine	Shodo/Philosophy
For promotion to 8th Kyu, Yellow	Zig-Zag Drills Fundamental Blocks, Strikes, Stances, Kicks Katate Tori (wrist grab) Escaping Tricks “Settle the Ki” energy-calming exercise	Basic Terminology & Theory Sitting Meditation for 1 minute	Study of the KSR Crest (all ranks) Counting to + Kanji for 1-10 Basic brush strokes
For 7th Kyu, “Orange-Yellow”	Escaping Arts Octagon Drill More Blocks, Strikes, Stances, Kicks Double Grab Kagi Fusing the Five Elements Taiji-Qigong	Terminology & Theory Sitting Meditation for 2 minutes Trace Lung (LU) Meridian	Count to ten in Japanese Write/brush Kanji 1-10 Basic Japanese Terminology
for 6th Kyu, Orange	Gedan Barai Octagon Drill Grabbing attacks with Nage (Throwing) bunkai Pinan Shodan-Sho 5E Animals Walking Qigong	Five Elements, Sheng & Ke Cycles Sitting Meditation for 3 minutes Basic Korean Hand Therapy (Sooji) Trace Large Intestine (LI) Meridian	Brush all 6 of the following Kanji: Ko, Sho, Ryu, Ken, Ho, To. (Plus keep practicing the 10 numbers)
for 5th Kyu, “Purple-Orange”	Shuto Uke Octagon Drill Pinan Shodan-Dai “Frankenstein Drill” + Single Hand Grab Kagi Juken Kata + Pin Dai Nippon Shiatsukai Ki-waza (Collection & Dispersion) exercises	4 Gates (LI-4 & LV-3) with names, use Sitting Meditation for 3 - 4 minutes Trace Stomach (ST) Meridian	Brush all 12 of the following Kanji: Ka, Mizu, Do, Kon, Moku, Shin, Jitsu, Getsu, Chiku, Bai, Sho, Rei. Submit 6 brushed Shodo pieces for: kanji 1-10 and/or Ko, Sho, Ryu, Ken, Ho, To.
for 4th Kyu, Purple *	Mitose S. Hammer-Octagons Pinan Shodan White Cloud Monastery Neigong Opening Set (6 movements) “Frankenstein” + One-Hand grab: Kote Hineri, & Kote Gaeshi with back break-fall	4 Command Points with names, uses Trace LU, LI, ST & Spleen (SP) Meridians Sitting Meditation for 3 - 5 minutes	Brush all 12 Kanji: Ka, Mizu, Do, Kon, Moku, Shin, Jitsu, Getsu, Chiku, Bai, Sho, Rei. Submit 8 brushed Shodo pieces, of any 8 single characters learned so far. <i>Secret of the Peaceful Warrior</i> (Millman)
for 4th Kyu, “Blue-Purple”	Advanced Octagon (Angle Pairs, Box & Diamond) Pinan Nidan-Sho Mitose Sensei’s Kokyu-Ho Ki-Waza Three more Juken Kata	Revisit LU, LI, ST, & SP Meridians Trace HT & SI Meridians 6 Yin organs and elemental correspondences Basic Meridian Stretch Kata Sitting Meditation for 5 minutes	Brush 6 of the following Kanji: Kawa, Yama, Te, Kome, Ta, Kabane, Seki, Kai, Sei (2), In, Yo Submit 8 brushed Shodo pieces, of any 8 single characters learned so far <i>Quest for the Crystal Castle</i> (Millman)
for 3rd Kyu, Blue	See 7&8-year-olds matrix. Sensei will make age-appropriate modifications as necessary.		

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