

USAMA  
United States Association of Martial Artists

Goju-Ryu Curriculum

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Style Head

\*ALL BLACKBELTS SEEKING PROMOTION MUST PERFORM ENTIRE KATA CURRICULUM TO THE BELT RANK SOUGHT.

Katas:

- **Gekisai 1 & 2** (撃砕)
- **Tensho** (転掌)
- **Sanchin** (三戦)
- **Saifa** (砕破)
- **Seiunchin** (制引戦)
- **Shisochin** (四向戦)
- **Sanseirū** (三十六手)
- **Seipai** (十八手)
- **Kururunfa** (久留頓破)
- **Seisan** (十三手)
- **Suparimpei** (壹百零八)

**Jumbi Undo:** (準備運動)

- **COMPLETE WARM UP SYSTEM DESIGNED BY MIYAGI SENSEI**

**Hojo Undo:** (補助運動)

- Nigiri-game (握り甕)
  - Shiko Dachi 3 steps up turn and back.
  - Sanchin Dachi 3 steps up turn and back.
- Ishi-Sashi (石錠)
  - Demonstrate Traditional Exercises or
  - Complete Tensho
- Chi-Ishi (錠石)
  - Demonstrate Traditional Exercises or
  - Complete Sanchin
- Shime (締め)
  - Sanchin Kata

## Goju-Ryu Curriculum (Continued)

### **Bunkai Jutsu:**

- All Bunkai-Jutsu must follow the rules of *Kaisai no Genri*
- 3 Bunkai Jutsu from each Kata Performed for Belt-Rank

### **Ippon Kumite:** } with 3 killing blows after initial defense

- Jo
- Chu
- Gei

### **Sanbon Kumite:** } with 3 killing blows after initial defense

- Jo
- Chu
- Gei

### **Ni-Jin Wazas:** Two Man Sets

- Gekisai dai-Ichi
- Gekisai dai-ni

\*Ranks above 3<sup>rd</sup> Dan Require a (5) page minimum (10) page maximum Research paper double spaced using (12 point font size) and Times New Roman Type-set on any subject associated with Goju Ryu Karate. Include your name and the date as well as a list of your resources used to give substance and evidence to the paper.

\*Paper must be delivered (1) week before the Dan Review board meets and an electronic copy as well as a hard copy must be made available to the Style Head and USAMA Dan Board General Chairman.

\* ATTENTION WE WILL CHECK FOR plagiarism.

\* The Review Board will consist of (3) Goju Ryu or *Bona Fide* Naha-Te Black Belts selected by the Style Head of an appropriate rank above the rank the candidate seeks.