

World United Isshinryu Karate Association

EUROPE

Test requirements
8th kyu – 4th dan



Isshinryu Karate

Karate as we know it today, was developed on the Japanese island of Okinawa in the Pacific.

Karate has through history been under the influence of other forms of martial arts from China and the islands around Okinawa. The art has roots as far back as 600 years.

The Isshinryu style was founded by Tatsuo Shimabuku. Shimabuku started to practice karate as 6 years old, under his uncle. Later Shimabuku studied under Choki Motobu (Shorin-Ryu), an Okinawan master who was known for his incredible strength.

Chotoku Kyan (Shorin-Ryu) was the second master Shimabuku trained under, Kyan was highly regarded in Okinawa. Moreover, he was recandnized as a skilled technician, and for his ability to move quickly.

The last master Shimabuku trained under was Chojun Miyagi (Goju-Ryu), he learned how important breathing was in karate.

Shimabuku was also studied Kobudo, Okinawan weapons under Shinken Taira.

Shimabuku studied: Rokushaku-Bo (a six-foot-long stick), Sai (a form of trefork / knives) and Tonfa (a kind of blockade batons).

Isshinryu Karate works primarily with empty-handed majority, but Kobudo is also part of the system.

Translated from the okinawanske language Isshinryu means "one heart one way" while karate means "empty hand".

Tatsou Shimabuku developed the eight Isshinryu codes from an ancient Chinese warrior text called the bubishi. The codes are as follows:

- A person's heart is like heaven and earth.
- The bloods circulation is the same as the sun and moon.
- The way to spit or drink is either hard or soft.
- A person out of balance is the same as weight.
- The body should be able to change direction at any time.
- The time to attack comes, when the opportunity shows itself.
- The eye must see all sides.
- The ear must listen in all directions.

The Okinawan Crest

The shoulder crest used by the WUIKA (World United Isshinryu Karate Association) branch includes the Okinawan crest (hidari gommon) in the middle. The mark symbolizes Okinawan karate. There are two anecdotes about its origins. One is that the crest was made as a royal brand / crest since the three kingdoms at the Royal Ryukyu islands were united.

The second anecdote concerns a samurai named Janne Eikata who was one of King Sho Nei-O's councilors. Janne was a strong proponent of Okinawa's strong cultural and commercial exchanges with China. Janne refused to accept the agreement the Japanese Satsuma clans instructed Okinawa.

In view of this, he was captured and sent to Kagoshima where he was sentenced to death and had to be boiled alive in oil. On days when the sentence was executed Janne asked for a last wish. His last wish was to train Te (Karate).

After Janne had trained for a short time, he took hold of two samurai and pulled them into the boiling oil. The three bodies floated clockwise on the surface of the hot oil in a three decimal shape, characterizing the Okinawa crest.

The WUIKA patch is a further development of the Joshinkan, established by Lars Andersen Sensei in 1996, and the UIKA (United Isshinryu Karate Association) which originated back in the 1970's by Harold Mitchum Sensei and John Ingram Sensei. The WUIKA patch was created later by Cindy & John Ingram Sensei and Lars Andersen Sensei by merging the Joshinkan patch with the UIKA patch. Florin Budeanu Sensei also helped with the final design and patch set up.



The Mizu gami and the Symbolic for Isshinryu



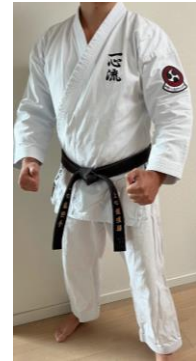
The symbolism behind Mizu Gami (watergoddess) is the basic idea of Isshinryu Karate, Mizu Gami is found in all traditional Isshinryu Dojos worldwide. Some schools also use the mark on their uniform. This colorful emblem with its deep sense illustrates an experience Tatsuo Shimabuku had during its development of Isshinryu karate.

- The oval form of the patch is to represent the vertical fist used in Isshinryu.
- The symbol shows a woman whose body has been taking shape as a watergoddess. Her left hand is held open as a sign of peace, while her right hand is attached, which together symbolize the struggle as the last resort.
- Oriental legends tell that a watergoddess is born at the bottom of the sea and when it has become a goddess, it rises to the sky. This is illustrated in the little drawing of goddess, which simultaneously symbolizes Tatsuo Shimabuku, the founder of Isshinryu.
- Tatsuo was his "nickname" and means dragon in Japanese.
- The stormy waters and the grey sky represent a starting typhoon and power a karateka can possess.
- The edge around the mark symbolizes a ring of fire, as the looming danger.
- While Mizu Gami symbolizes a mother protecting her child. She seems calm and friendly under the circumstances, but can be powerful if something threatens her self and its surroundings.
- The stars represent Tatsuo Shimabuku's masters.

The Isshinryu Karate uniform – the Gi

General:

- A white traditional Karate uniform design (called a Gi).
- No brand patches any other places than on the end of the collar and on the belt
- Made of durable cotton (or alike cloth), no silk/satin and so forth.
- The jacket/top can be no longer than to the middle of the thighs.
- The sleeves of the top have to cover at least the upper half of the under arm.
- The pants have to cover the lower part of the shin or to the ankle.
- Gold embroidery on each belt end
- A normal black belt can be used for training
- T-shirt beneath the Gi/uniform has to be white.



Patches:

- Left chest: Isshinryu kanji/Japanese writings have to be placed or embroidered.
- Left sleeve: on the same level/line as the Isshinryu kanji patch the WUIKA organisational patch has to be placed.
- No other patches than the above-mentioned are allowed (e.g., on the back, right chest, pants, sleeves and so forth).
- Special acknowledgements, organizational relations or instructor patches can be worn on the Gi if agreed up on by Technical Council.

The belt – Obi:

- All belts have to be made of cotton.
- Width of the belt has to be in between 3-5 cm.
- When worn, the length of the belt ends cannot reach longer than to the middle of the thighs.
- The belt ends have to have same length when tied around the waist.
- All colored belts have to show clear colors.
- Brown belts – from 3rd kyu and above:
 - Black Japanese embroidery is allowed. (Name in Japanese and Isshinryu Karate on each belt end)
- 2nd kyu brown belt are marked with one black stripe on each end of the belt.
 - Placed with one belt width from the end. The stripe has to be half the width of one belt width.
- 1st kyu brown belt are marked with two black stripes on each end of the belt.
 - Placed with one belt width from the end for the first stripe.
 - The second stripe is placed one stripe width apart from the first stripe.
 - The stripes have to be half the width of one belt width.
- 1st dan - 6th dan all wear black belt with mandatory gold embroidery on each end:
 - One belt end with name in Japanese writing embroidered.
 - One belt end with the kanji for Isshinryu Karate embroidered.
- 7th dan – 8th dan all wear red and white Belts used for ceremonies and big events.
 - Gold embroidery on each belt end.
 - A normal black belt can be used for training.
- 9th dan – 10th dan all wear a red Belts used for ceremonies and big events.
 - Gold embroidery on each belt end.
 - A normal black belt can be used for training.

Japanese – English verbal list

<i>Japanese:</i>	<i>English:</i>
Jodan	High section
Chudan	The middle section
Gedan	Low section
Seiken	Knuckles
Uraken	Backside of knuckles
Tetsui	Hammerfist
Teisho	Root of hand
Te Katana	Handsword
Haito	Inverted handsword
Nukite	Fingerpoke
Empi	Elbow
Koshi	Front of foot
Sokuto	Knife foot
Kakato	Heel
Hiza	Knee
Sune	Shin
Haisoku	Overpart of foot
Geri	Kick
Tsuki	Punch
Uchi	Strike
Uke	Block
Dachi	Stance
Mae	Front
Ushiro	Back
Otoshi	Down
Age	Up
Yoko	Side
Mawashi	Circle
Yoi	Ready
Yamae	Stop
Hajime	Start
Kumite	Fighting
Kobudo	Weapon arts (Ko=ancient Bu=warrior, Do=way)
Karate	Empty hand
Isshinryu	One heart one way
Makiwara	Striking post
Sensei	Teacher
Sempai	Senior student
Dojo	Gym
1-2-3-4-5-6-7-8-9-10	Ichi – ni – san – shi – go – roku – shichi – hachi – ku - ju
Bo	App. 180 cm staff
Sai	A fork in metal
Tonfa	Wooden handle/baton

World United Isshinryu Karate Association

Europe testing requirements - 8th kyu - 4th dan

Degree	Belt color	Kihon	Kata	Kumite/Bunkai
8th kyu	Yellow	Te no bu/Upper basics Ashi no bu/Lower	Seisan	Seisan bunkai
7th kyu	Orange		Seiunchin	Seiunchin bunkai
6th kyu	Purple	Ushiro geri Ushiro mawashi geri	Naihanchi	Naihanchi bunkai Jiyu kumite
5th kyu	Blue		Wansu	Wansu bunkai Jiyu kumite
4th kyu	Green		Chinto	Chinto bunkai Jiyu kumite
3rd kyu	Brown		Kusanku Kyan no sai	Kusanku bunkai Kyan no sai bunkai Jiyu kumite
2nd kyu	Brown 1 black stripe		Sanchin Tokumine no kun	Sanchin bunkai Tokumine no kun bunkai Jiyu kumite
1st kyu	Brown with 2 black stripes		Kusanku sai	Kusanku sai bunkai Jiyu kumite
1st dan	Black belt		Sunsu	Sunsu bunkai Jiyu kumite
2nd dan	Black belt		Urashi no kun	Urashi no kun bunkai Bo-Bo kumite Jiyu kumite
3rd dan	Black belt		Chatan yara no sai Shishi no kun	Chatan yara no sai bunkai Shishi no kun bunkai Bo-sai kumite Jiyu kumite
4th dan	Black belt		Hama higa no tonfa	Hama higa no tonfa bunkai Jiyu kumite

Bunkai/applications: a min of 3 bunkais for each kata to be demonstrated (8th kyu - 2nd dan), from 3rd dan and above it is 5 bunkai for each kata.












Jiyu kumite: decided by each Shibu Sensei according to general requirements, the students physical ability and age.

From 6th kyu and up the student must be knowledgeable about the Isshinryu history, background and philosophy

Te no bu - Upper basics

Forward		Backward	
Te waza	Dachi waza	Te waza	Dachi waza
1	Chudan oi tsuki	Chudan oi tsuki	Seisan dachi
2	Age tsuki	Age tsuki	Seisan dachi
3	Chudan gyaku tsuki	Chudan gyaku tsuki	Seisan dachi
4	Gyaku agu tsuki	Gyaku agu tsuki	Seisan dachi
5	Gedan barai - gyaku tsuki	Gedan barai - gyaku tsuki	Seisan dachi
6	Uchi uke - gyaku tsuki	Uchi uke - gyaku tsuki	Seisan dachi
7	Tegatana uke - nukite	Tegatana uke - nukite	Seisan dachi
8	Jodan tegatana uke - age tsuki	Jodan tegatana uke - age tsuki	Seisan dachi
9	Age uge - gyaku tsuki	Age uge - gyaku tsuki	Seisan dachi
10	age uke - uraken - gyaku tsuki	age uke - uraken - gyaku tsuki	Seisan dachi
11	Gedan barai - gohon ren tsuki	Gedan barai - gohon ren tsuki	Seisan dachi
12	Uchi uke - gohon ren tsuki	Uchi uke - gohon ren tsuki	Seisan dachi
13	Tegatana gedan uke - tegatana uchi	Tegatana gedan uke - tegatana uchi	Seisan dachi
14	Nagashi uke - nihon kagi tsuki	Nagashi uke - nihon kagi tsuki	Seisan dachi
15	Mae empi uchi & ushiro empi uchi	Mae empi uchi & ushiro empi uchi	Neko ashi dachi

Ashi no bu - Lower basics

		Forward			Backward			
No	Level	Keri waza	Dachi	Photo	Level	Keri waza	Dachi	Photo
1	Chudan	Chudan mae geri Mid level front kick Target stomach Kick from kamae with back leg	Kamae (Seisan)		Chudan	Chudan mae geri Mid level front kick Target stomach Kick from kamae with front leg	Kamae (Seisan)	
2	Gedan	Sokuto geri Low kick with edge of foot Target the knee Kick from kamae with back leg	Kamae (Seisan)		Gedan	Sokuto geri Low kick with edge of foot Target the knee Kick from kamae with front leg	Kamae (Seisan)	
3	Gedan	Fumi komi geri Low stomp kick Target the knee Kick from kamae with back leg	Kamae (Seisan)		Chudan	Fumi komi geri (45 degree mae kon ate) Mid level 45 degree front heel kick Target the hip/thigh Kick from kamae with front leg	Kamae (Seisan)	
4	Chudan	Yoko geri Mid level side kick Target the stomach Kick from kamae with back leg	Kamae (Seisan)		Chudan	Yoko geri Mid level side kick Target the stomach Kick from kamae with front leg	Kamae (Seisan)	
5	Chudan	Shoba geri Mid level front kick Target stomach Kick from kamae and pull up back leg in cat stance	Kamae (Seisan) shift to neko ashi dachi		Chudan	Shoba geri Mid level front kick Target stomach Kick from kamae and pull up front leg in cat stance	Kamae (Seisan) shift to neko ashi dachi	
6	Chudan	Othoshi geri Mid level angled front kick Target the stomach Kick from kamae and step forward, hands in hip and Kick with back leg	Kamae (Seisan)		Chudan	Othoshi geri Mid level angled front kick Target the stomach Start from kamae and step front leg back, hands in hip and kick with back leg	Kamae (Seisan)	
7	Gedan	Mae kon ate Low level heel kick Target knee/foot Kick from kamae with back leg	Kamae (Seisan)		Chudan	Mae kon ate Mid level heel kick Target hip/groin Kick from kamae with front leg	Kamae (Seisan)	
8	Gedan	Tsumasaki geri Groin level toe ripping kick Target = aim for groin and kick down Kick from kamae with back leg	Kamae (Seisan)		Chudan	Tsumasaki geri Mid level toe kick Target the groin Kick from kamae with front leg	Kamae (Seisan)	
9	Chudan	Hiza geri Mid level knee kick Target groin Kick from kamae with back leg	Kamae (Seisan)		Chudan	Hiza geri Mid level knee kick Target groin Kick from kamae with front leg	Kamae (Seisan)	
10	Chudan	Ushiro geri Mid level back kick Target stomach Kick from kamae with front leg (Stepping back and kicking)	Kamae (Seisan)		Chudan	Ushiro geri Mid level back kick Target stomach Kick from kamae with front leg (Stepping back and kicking)	Kamae (Seisan)	

Bo tai Bo

<i>Attack - Kamae (from right fighting posture)</i>	<i>Defense - Kamae (from right fighting posture)</i>
→step forward chudan yoko uchi	→Step backwards/chudan morote uke – left hand on top
→forward in kosa dachi/tsuki komi	→backwards in kosa dachi/ yoko uke
→forward in kobudo dachi/tsuki komi	→backwards in kobudo dachi/yoko uke
→step forward/gyaku gedan harai uchi	→step backwards/gedan yoko uke
→step forward/gedan yoko uchi	→step backwards/gedan yoko uke
→step backwards/jodan morote uke	→step forward/uchi otoshi
→step forward/chudan yoko uchi	→step backwards/chudan morote uke – left hand on top
→step forward/chudan yoko uchi	→step backwards/chudan morote uke – right hand on top
→step backwards/jodan morote uke	→ step forward/uchi otoshi
→step forward/gyaku jodan harai uchi	→step backwards/jodan yoko uke
→step forward/jodan yoko uchi	→step backwards/jodan yoko uke
→step backwards/gedan sukui uke	→step forward/age uchi.
→step forward/gedan harai uchi	→jump over the bo
→uchi otoshi	→ jodan morote uke
→receive mae geri	→mae geri
→step forward in seiuchin dachi/tsuki komi	→step 45° backwards/low block
→step forward/gedan gyaku yoko uchi	→step backwards/gedan sukui uke
→step forward/gedan harai uchi	→step backwards/gedan yoko uke
→step backwards/jodan morote uke	→step forward/uchi otoshi
→step forward/jodan yoko uchi	→step backwards/jodan yoko uke→step backwards/jodan yoko uke
→step forward/jodan harai uchi	→step backwards/jodan yoko uke
→step forward/jodan yoko uchi	→attack – pursuit uke with figure eight movement/finish of with jodan yoko uchi
→step backwards receive/end.	
→step forward in kosa dachi with tsuki komi	→Bodyshift and morote uke to avoid/block bo
	→counter with reverse tsuki komi.

Bo tai Sai

Attack with Bo staff (from right fighting posture)	Defense with Sai (from right fighting posture)
→kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed soto uke→step back/left closed soto uke
→step forward/gedan harai uchi →step/gedan yoko uchi	→step back/sagashi dachi/right open gedan barai/left closed age uke →step back/sagashi dachi/left open gedan barai/right closed age uke
→step forward/jodan harai uchi →step/jodan yoko uchi	→step back/right jodan uchi uke→step back/left jodan uchi uke
→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed soto uke→step back/left closed soto uke
→step forward/gedan harai uchi →step back/jodan morote uke →step back/chudan morote uke (left hand on top) →step back/chudan morote uke (right hand on top) →twist the Bo →left mae geri →step forward/uchi otoshi →step 45° towards right/jodan yoko uchi →step forward/jodan harai uchi	→jump and evade bo/land with left leg forward →step forward/open right otoshi uchi →step forward/left open sving from (chudan furi uchi) →step forward/right open sving (furi uchi) →step forward/closed yama tsuki –right on top →recieve mae geri – step back → evade overhead strike by side step, do "roof block with open sai → right open sai keep distance, step back left open jodan uchi uke → step back in right kamae/right open jodan uchi uke
→step forward/jodan harai uchi →uchi otoshi→step back	→step back/Hama Higa evasion →step forward/open jodan juji uke →step forward/open jodan hasami uchi
→Kosa dachi/tsuki komi →kobudo dachi/tsuki komi	→step back/right closed gedan barai →step back/left closed gedan barai
→step forward/jodan yoko uchi →step forward/jodan harai uchi	→step back/right open jodan soto uke →step back/left open jodan soto uke
→step forward/chudan harai uchi →step forward/chudan yoko uchi	→step back/right closed chudan uchi uke →step back/left closed chudan uchi uke →lock the bo with left sai →otoshi uchi against ukes arms →throw the bo away →step forward/open sai swing.
HM = Hontemochi = Sai open with the long part away from the underarm GM = Gyakutemochi = Sai closed with the long part against the underarm	