

Under copyright as per the University of Alberta Karate (in association with the Wado Bugei Karate do Association) as per Sensei Sean Bowen



***Western Canadian Shintani
World Congress Student
Manual***

Mission Statement:

***To respect all,
To humble yourself,
To be loyal and devoted to your art,
To live in honor.***

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Please note that all students under the University of Alberta Karate under the direction of the late Sensei Paul Leonard, Kudan, 9th degree black belt (Shintani World Congress) and Sensei Sean Bowen, 6th degree black belt. Head karate instructor evaluation is carried out twice a year by the University of Alberta Recreational Services.

Belt Level System and Curriculum

Here are the general outlines of each class (please note that the head instructor of the dojo carries the authority of the conduct in class):

- **Beginning, everyone lines up with the highest rank at the front and the lower ranks at the back (this is based on the level of training and expertise in the Wado Shintani World Congress system). Also, attendance is taken**
- **Head Instructor of each club or another primary instructor (only if the head instructor is not available) bows the class to commence.**
- **Brief stretch, which involves hip rotations, shoulder, and head rotations (only side to side), leg stretches, etc.**
- **Reminder of first half may go for a short run and/or calisthenics, which incorporate pushups, crunches, leg raises, etc.**
- **Short break.**
- **Second portion, class is divided up into groups in accordance to rank. Primary instructors are picked from the head instructor to guide the subgroups. This is carefully watched by the head instructor. When the class is done all together, it is conducted under careful guidance from the head instructor. Please note that the areas instructed are listed and provided by the descriptions of rank from white to black as per below.**
- **At the conclusion of each class, everyone lines up in which the Senior black belts and head instructor gives a brief summary of the class and how to improve.**

******Please note that all training items listed above are under careful tutelage from the head instructor of the club and that all training techniques are instructed and shown with the utmost respect to the students.**

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Safety (such as wearing our running shoes during runs, cutting the toenails and fingernails short) is under the watch of the head instructor. That the kihons we practiced are derived from the late Director of the Shintani World Congress, Hanshi Leonard, kumite (free sparring) must be done in a controlled matter) and over all conduct of the club and the students is to be under the consist tutelage of the head instructor.

PLEASE NOTE THAT THE INSTRUCTORS OF OTHER CLUBS IN THE SHINTANI WORLD CONGRESS MAY USE THIS AS A GUIDELINE FOR THE RUNNING OF THEIR ORGANIZATION.

Belt System and Grading Policy

Belt Level System

White to Yellow Belt

- Execute basic punch, front snap kick, blocks (inside, low, and rising)
- Execute stances...kokutsu (back stance), front stance (zenkutsu), nekoashi (cat stance),
- horse stance (kiba dachi), balance stance (hachiji dachi), Musubi dachi (informal stance)
- Demonstrate in a proficient manner a basic kihon. (basic drills of one to two combinations)
- Be able to execute in a proficient manner the basic Kata; Pinan Shodan
- Display levels of humility, respect, honour and loyalty
- Consistent attendance

Yellow to Orange

- Execute basic punch, front snap kick, and reverse back kick
- Blocks inside (Ude Uke), outside (Soto uke), low (Gedan uke), rising (Age uke)
- Execute stances...kokutsu (back stance), front stance (zenkutsu), nekoashi (cat stance), fighting stance (jiyu dachi)
- horse stance (kiba dachi), balance stance (hachiji dachi), Musubi dachi (informal stance)
- Demonstrate in a proficient manner two basic kihons
- Demonstrate in a proficient manner the following kata:
 1. Pinan Shodan
 2. Pinan Nidan
- Display levels of humility, respect, honour and loyalty
- Consistent attendance

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Orange to Green

- Execute basic punch, front snap kick, reverse back kick, and side kick
- Blocks inside (Ude Uke), outside (Soto uke), low (Gedan uke), rising (Age uke)
- Execute stances kokutsu (back stance), front stance (zenkutsu), nekoashi (cat stance),
- horse stance (kiba dachi), balance stance (hachiji dachi), Musubi dachi (informal stance), fighting stance (jiyu dachi)
- Demonstrate in a proficient manner three basic kihons
- Demonstrate in a proficient manner the following kata:
 1. Pinan Shodan
 2. Pinan Nidan
 3. Pinan Sandan
- Display levels of humility, respect, honour and loyalty
- Consistent attendance and begin to assist lowering ranking belts with direction from senior belts and head instructor as a green belt.

Green to Blue Belt

- Execute basic punch, reverse punch, front snap kick, reverse back kick, side kick, crescent kick
- Blocks inside (Ude Uke), outside (Soto uke), low (Gedan uke), rising (Age uke)
- Execute stances kokutsu (back stance), front stance (zenkutsu), nekoashi (cat stance),
- horse stance (kiba dachi), balance stance (hachiji dachi), Musubi dachi (informal stance), fighting stance (jiyu dachi)
- Demonstrate in a proficient manner four kihons
- Demonstrate in a proficient manner the following kata:
 1. Pinan Shodan
 2. Pinan Nidan
 3. Pinan Sandan
 4. Pinan Yodan
- Display levels of humility, respect, honour and loyalty
- Consistent attendance
- Begin to lead the instruction of lowering ranking belts with direction from senior belts and head instructor. (maybe recommended for teaching certificate)
- Instruction must be done in a well-mannered, professional, and calm state
- Instruction will always be monitored by the senior black belts and head instructor of the club.
- At blue belt level, you must be aiding in instruction for your next ranking.

Blue to Brown Belt

- Execute basic punch, reverse punch, tate zuki (vertical punch), ura zuki (upside punch),
- front snap kick, reverse front kick, side kick, crescent kick, and reverse back kick
- Blocks inside (Ude Uke), outside (Soto uke), low (Gedan uke), rising (Age uke)
- Execute stances kokutsu (back stance), front stance (zenkutsu), nekoashi (cat stance),

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- horse stance (kiba dachi), balance stance (hachiji dachi), Musubi dachi (informal stance), fighting stance (jiyu stance)
- Demonstrate in a proficient manner the following kata:
 1. Pinan Shodan
 2. Pinan Nidan
 3. Pinan Sandan
 4. Pinan Sandan
 5. Pinan Yodan
 6. Chikara No Kata
 7. Chonan
- Demonstrate in a proficient manner the usage of the shindo
- Display levels of humility, respect, honour and loyalty
- Consistent attendance
- Lead the instruction of lowering ranking belts under supervision of senior belts and head instructor.
- Instruction must be done in a well-mannered, professional, and calm state
- Instruction will always be monitored by the senior black belts and head instructor of the club.
- Students going for this rank will be subject under examination by Sensei Sean Bowen and the other Senior Black Belts (Sensei Dallas Wilm and Sensei Dan Wilm).

Brown to Black Belt

- Execute basic punch, reverse punch, tate zuki, ura zuki, nidan zuki (double punch), front snap kick, reverse front kick, side kick, crescent kick, reverse back kick, roundhouse kick
- Blocks inside (Ude Uke), outside (Soto uke), low (Gedan uke), rising (Age uke)
- Execute kokutsu, zenkutsu, nekoishi, kiba, sanchin (two different ways), jiyu, and amalgamating zenkutsu, sanchin, and kokutsu dachis together
- Demonstrate in a proficient manner the following kata:
 1. Pinan Shodan
 2. Pinan Nidan
 3. Pinan Sandan
 4. Pinan Yodan
 5. Pinan Godan
 6. Kushanku
 7. Chikara No Kata
 8. Shopai**--optional
 9. Chonan
- Demonstrate in a proficient manner the usage of the shindo
- Additional requirements for "Senior" Black Belt status within this organization.
- Display levels of humility, respect, honour and loyalty
- Consistent attendance twice per week
- All candidates must be able to teach an entire class (with supervision from one or more senior black belts and/or head instructor of the club)
- All candidates must have a four or more consecutive years of good standing in order to reach this rank.

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- Instruction must be done in a well-mannered, professional, and calm state
- Instruction will always be monitored by the senior black belts and head instructor of the club.
- All candidates are subject to physical and written examinations.
- After this approval, nomination for rank will reach final stage in which the Senior Director of the Shintani World Congress, Hanshi Sensei Paul Leonard and/or Sensei Sean Bowen, will confer status of final ranking.

RANK OF THE STUDENT TO BLACK BELT MUST BE OVER THE AGE OF 20 (THIS IS IN ACCORDANCE TO THE STUDENT'S OVERALL CHARACTER). IF THE STUDENT IS GRADED AT THIS TIME PERIOD, THEY WILL BE ON ONE TO THREE YEARS PROBATION. THE NEWLY RANKED YUDANSHA GRADING AND MONITORING WILL BE UNDER THE DIRECTION OF THE JOESKI BOARD (THESE ROLES WILL BE APPROVED AND SUPERVISED BY SENSEI SEAN BOWEN).

JOSEKI BOARD MEMBERS:

- ***SENSEI SEAN BOWEN (ROKUDAN, 6TH DEGREE BLACK BELT),***
- ***SENSEI DAN WILM (GODAN, 5TH DEGREE BLACK BELT),***
- ***SENSEI IAN SHATTLER (YODAN, 4TH DEGREE BLACK BELT),***

FAILURE IN BEING WELL-MANNERED, PROFESSIONAL AND CALM STATE MAY RESULT IN THE TEACHING CHARTER NOT BEING RENEWED AS PER ISSUE BY LEONARD SENSEI.

PLEASE REFER TO THE NEXT DESCRIPTION FOR BLACK BELT STATUS. THE STUDENT MUST HAVE ATTENDED THE CLINICS (CONSISTENTLY IN EACH BELT LEVEL) INSTRUCTED BY THE WESTERN CANADIAN REPRESENTATIVE OF THE SHINTNI WORLD CONGRESS, SENSEI SEAN BOWEN. IF SENSEI SEAN BOWEN IS NOT AVAILABLE AND/OR INVOLVED IN OTHER DUTIES, THE SENIOR BLACK BELTS (INSTRUCTOR AND/OR INSTRUCTORS WILL BE APPOINTED BY SENSEI SEAN BOWEN)

ALONG WITH THIS, INSTRUCTION OF TECHNIQUES AND PROPER PROTOCOL OF NEWLY RANKED YUDANSHA WILL BE MONITORED CLOSELY BY THE SENIOR BLACK BELTS AND SENSEI SEAN BOWEN (6TH DEGREE, ROKUDAN).

Senior Black Belt Status

Senior Black Belts hold special status within the University of Alberta Karate and are subject to higher Risk Management regulations. Senior Black Belts directly assist the Head Instructor and may in some cases lead instructional sessions. They play a key role in the administration of the University of Alberta Karate, in order to obtain senior black belt level the following requirements must be met;

- Yudansha must have at least three consecutive years in the club in good standing.
- Be over the age of 30.
- Consistently go to clinics instructed by Sensei Sean Bowen or (Sensei Dallas Wilm and Sensei Dan Wilm).
- Have maintained the proper execution of the Pinans, Kushanku, and other katas within the Wado system as instructed by Hanshi Paul Leonard and/or Sensei Sean Bowen
- All techniques must be maintained and subject to review by Sensei Sean Bowen,

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There are originally 15 katas in the Wado Kai system. However, the first nine katas were believed to be the primary katas that would be sufficient for a lifetime of study.

Pinans (Peace)

1. Pinan Shodan: Peaceful/Heavenly Mind 1st Level
2. Pinan Nidan: Peaceful/Heavenly Mind 2nd Level
3. Pinan Sandan: Peaceful/Heavenly Mind 3rd Level
4. Pinan Yodan: Peaceful/Heavenly Mind 4th Level
5. Pinan Godan: Peaceful/Heavenly Mind 5th Level

Black Belt Katas

1. Naihanchin(sanchin dachi)/Naihanchi(kiba dachi): Fighting Holding Your Ground
2. Kushanku: Viewing the Sky, Chimes Military Envoy
3. Seishan: Also known as Sanchin (Hourglass)
4. Chinto: Chinese Visitor from Okinawa. The Kanji could also mean "Fighting to the east" Or "Fighting in a city"

Student Conduct Regulations (not following these regulations could result in the expulsion from the Shintani World Congress local and abroad organization)

Rules of the Dojo

1. Respect all belts regardless of rank.
2. Address all black belts as "sensei".
3. No chewing gum in class.
4. Do not wear jewelry in class.
5. Maintain proper hygiene and ensure that your toenails and fingernails are cut short.
6. During class, do not leave unless it is a medical emergency or special arrangements have been made with an instructor.
7. Any intentional excessive contact or inappropriate behavior will result in immediate expulsion from the club.
8. No talking during class, talking rudely or talking back to the instructors.
9. Bow upon entering or departing from the dojo.
10. Just simply relax and have fun.



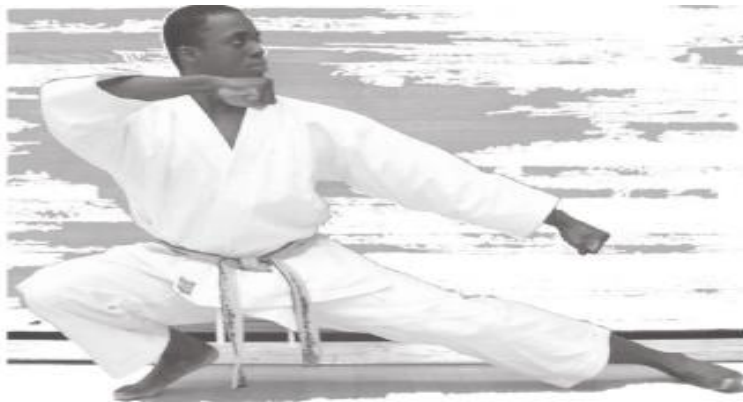
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Values and Ethics

1. Do not consume alcohol and/or arrive intoxicated before class.
2. Illegal drug intake is prohibited.
3. All students shall be treated equally regardless of sex, age, color, race and/or religious background.
4. Sexual harassment of a verbal and/or physical nature is strictly prohibited and will be promptly dealt with.
5. Each student must be a law abiding citizen and shall respect academic, municipal, provincial and/or federal laws.
6. To respect other students and instructors in other schools.
7. To maintain loyalty, honesty, and integrity.
8. Not to perpetuate negative and derogatory behaviour in the dojo toward other students.
9. Encourage yourself to be the best you can be with humbleness and humility.
10. Always be willing to learn and grow.

Fees

1. Membership fees will be provided in accordance to the beginning of the semester. This fee is for the insurance usage of space and for the grading, shindo, and teaching charters as assessed by each head instructor (for the advanced and black belt certificates, this will be assessed by the Director of the Shintani World Congress and/or Sensei Sean Bowen). Payment from the student gives them authority to be a member of the Shintani World Congress of Canada (which is federally incorporated in Canada and recognized internationally). For example, if you paid for November 2022, this membership fee goes from November 2022 to November 2023.
2. Grading fees are \$60.00 per student if you are promoted from one belt to another. Payments are done at the conclusion of each grading.
3. For blue belts and above, teaching charters are provided giving authority to be assistant instructors (sempai) to the Sensei. They are set at \$60.00 per authorized student as from the head Sensei of the club.
4. Black belt certification is set at \$150.00 and shindo certification is set at \$60.00.



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Adult Grading (Katas)

White to Yellow Belt

1. Pinan Shodan

Yellow to Orange Belt

1. Pinan Shodan
2. Pinan Nidan

Orange to Green Belt

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan

Green to Blue Belt

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yodan

Blue to Brown Belt

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yodan
5. Pinan Godan

Brown to Black Belt (Shodan-first Degree)

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yodan
5. Pinan Godan
6. Kushanku
7. Chikara No Kata
8. Chonan

Shodan (first Degree) to Nidan (Second Degree Black Belt)

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yodan
5. Pinan Godan
6. Kushanku
7. Chikara No Kata
8. Chonan
9. Naihanchi
10. Naihanchin

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11. Seishan

Nidan (second degree) to Sandan (Third Degree Black Belt)

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yodan
5. Pinan Godan
6. Kushanku
7. Chikara No Kata
8. Chonan
9. Naihanchi
10. Naihanchin
11. Seishan

Sandan (third degree) to Yodan (Fourth Degree Black Belt)

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yodan
5. Pinan Godan
6. Kushanku
7. Chikara No Kata
8. Chonan
9. Naihanchi
10. Naihanchin
11. Seishan
12. Chinto
13. Wansu

Yodan (fourth degree) to Godan (fifth degree black belt)

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yodan
5. Pinan Godan
6. Kushanku
7. Chikara No Kata
8. Chonan
9. Naihanchi
10. Naihanchin
11. Seishan
12. Chinto
13. Wansu
14. Genshoshodan (optional)
15. Gensho (optional)
16. Taisei (optional)
17. Kempai (optional)

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18. Sei Shun Tei (optional)

Youth Grading (Katas)

White to White Stripe

1. Chikara No Kata

White Stripe to Yellow Belt

1. Chikara No Kata
2. Chonan

Yellow to Yellow stripe belt

1. Chikara No Kata
2. Chonan
3. Pinan Shodan #1

Yellow Stripe to Orange Belt

1. Chikara No Kata
2. Chonan
3. Pinan Shodan #1
4. Pinan Shodan (full kata)

Orange to Orange Stripe Belt

1. Chikara No Kata
2. Pinan Shodan #1
3. Chonan
4. Pinan Shodan (full kata)
5. Pinan Nidan

Orange Stripe to Green Belt

1. Chikara No Kata
2. Pinan Shodan #1
3. Chonan
4. Pinan Shodan (full kata)
5. Pinan Nidan
6. Pinan Sandan

No periods placed on each of the rankings because it is based on the skills and abilities of each student. Most importantly, it is based on the attitude and true character of each student.

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*******IN ORDER TO BE A HEAD INSTRUCTOR OF A CLUB, THE STUDENT (FROM WHITE BELT TO BLACK BELT LEVEL) MAINTAINS THE UTMOST PROFESSIONALISM AND WELL MANNERED STATE FOR THIS DISTINGUISHED ORDER. THEY MUST ALSO HAVE APPROVAL FROM THEIR SENSEI OF THEIR PARENT DOJO. FROM WHITE TO BLACK BELT AND BEYOND, TO MAINTAIN THIS TITLE OF HEAD INSTRUCTOR, THESE QUALITIES MUST ALWAYS BE CONSISTENT. UPON REVIEW BY SENIOR BLACK BELTS AND THE SHINTANI WORLD CONGRESS WESTERN REPRESENTATIVE, SENSEI SEAN BOWEN, WILL DECIPHER IF THE STUDENT WILL ACQUIRE THIS ROLE. WHEN A BLACK BELT AND/OR ASSISTANT INSTRUCTOR (COLORED BELT) DOES NOT MAINTAIN THIS CONSISTENCY, HE/SHE WILL BE REMOVED AND HIS/HER TEACHING CHARTER COULD BE REVOKED.**

