

Martial Arts Training Institute

Cane Requirements

White stripe- Baton defense -4 ways

Know basic parts of weapon: crook, horn, shaft, and butt

Double hand blocks

1. broom block
2. inside out block
3. diagonal high block
4. double down block
5. double high block
6. brace / iron wall block

Single hand blocks

1. low
2. Perry stomach
3. high umbrella
4. upward fan block
5. downward fan block
6. foot block -press cane to floor

Orange stripe

Punches

1. horn up
2. horn down
3. vertical
4. horizontal

Baton defense -4 ways

Jo defense -4 ways

Horn strikes

1. Horn to ankle
2. horn to kidney
3. horn to groin
4. horn to ear
5. horn to chin
6. horn to collarbone
7. Neck grab & knife hand
8. Neck grab & elbow

Yellow Stripe (mid term) Baton defense -4 ways, Jo defense -4 ways,
Bo defense 6 ways

Shaft Strikes

Horizontal

1. Low
2. Middle
3. head

vertical

1. Groin strike
2. Top of head

diagonal

1. Low to high
2. High to low

Pokes 1 hand

Offensive - stepping towards opponent

Defensive- stepping away from opponent

1. Right
2. left
3. front
4. Back

Jabs - 2 hand

Offensive- stepping towards opponent

Defensive- stepping away from the opponent

1. Right
2. Left
3. Front
4. Back

Blue Stripe

Baton defense -4 ways

Jo defense -4 ways

Bo defense - 6 ways

Knife defense

Swing strike

Offensive- stepping toward opponent

Defensive- stepping away from opponent

- | | |
|----------|----------|
| 1. Right | 3. front |
| 2. left | 4. back |

Twirls on out side of body

1. forward

2. reverse

Figure 8

1. forward

2. reverse

Green stripe

Baton defense -4 ways

Jo defense -4 ways

Bo defense - 6 ways

Knife defense

Gun defense

Demonstrate Shorinji Kobudo Cane No Kata.

- Attention stance
- Rei
- Breakout – double down in a horse stance, Look left, right, left
- Cat Stance left – diagonal high block left, Offensive swing strike left, Offensive two hand jab left,
- Cat Stance right – diagonal high block right, Defensive swing strike right, Defensive one hand poke right
- Walking figure 8- 3 times (takes you back to center), Face front
- Parry block left , Two hand in/out middle block, Poke front, Horn strike chin, Crook to chest, Step forward horn to head strike – kya!
- Umbrella block around to back corner – Left forward stance, Shaft strike to head, Step forward shaft strike – 2 times
- Umbrella block over to the back corner , Shaft strike to head, Step forward shaft strike – 2 times
- To back wall – offensive jab, Low block, Horn strike to ankle, Overhead crook strike – kya!
- Rear 2 hand poke to front corner, Turn to same corner forward stance , Figure 8 – 3 times
- Other front corner, Figure 8 – 3 times
- Breakout, Spin cane 3 times then Rei

Purple Stripe (mid term)

5 formals from principals taught in class.

1 minute of twirling

1. Spinning Spike

Right round punch—Left diagonal high block striking radial nerve on forearm, spin facing away from your opponent and deliver a rear poke to the stomach. Turn and forward figure 8 spin to opponent's head.

2. Tiger Fishhook

Right Round punch—2-hand poke with tiger to movement to the right shoulder, 2-hand poke to the solarplexes. Step forward and horn strike to the bottom of the chin (fishhook). Crook strike to the face.

3. Hook Ear

Right round punch—down fan block, use horn to strike ear, use crook to poke to chest, horn strike to top of head.

4. Stomach punch

Right stomach punch—double down low block, 2 hand shaft strike to nose. Hook head with crook, elbow to nose, right side kick to ribs.

5. Arm triangle

Right round punch—downward fan block, circle the arm back to the neck. Wrap the cane around the neck for an arm triangle using the cane.

Brown Stripe

5 informals from principals taught in class.

1 1/2 minutes of twirling

1. Collar bone crunch

Right straight punch—inside out up block, poke butt to collar bone (sub clavicle nerve) pull to left and push to floor. Shaft strike to face as follow up.

2. 2 hand shirt grab- vertical shaft strike to groin, circle arms using shaft to dig into radial nerve. Step back pulling body down, shaft strike to neck as a take down follow up with crook strike to face.

3. Bear hug--- shaft strike to head, use horn to pry fingers apart, hook foot with horn, sweep foot, turn them to prone and aquilies crunch.

4. 2 hand wrist grab—shaft strike to shin then to head. Strike the top of the hand with the crook, hook the wrist with the crook & bent fingers back

5. Snap kick—double down low block catch foot with crook, left crescent sweep to foot, use cane for aquilies lock.

Red stripe

5 Throws / takedowns from principals taught in class.

2 minutes of twirling

1. Side by side
Right round punch, left inside out block & eagle claw wrist. Shaft strike to right arm pit twist inward for side-by-side throw. Follow up with shaft strike to face.
2. Right round punch—duck & vertical shaft strike to groin, push cane all the way between the legs. Turn the cane side ways and pull sweeping the feet. Crook strike to the groin.
3. Right round punch—right down fan block, crook strike to the ankle, hook foot and pull for take down, right round kick to head.
4. Right round punch—left inside out block, vertical shaft strike to groin, twist the cane between the knees applying pressure to the knee for a take down. Follow up with shaft strike.
5. 2 hand cane grab--- thumb lock, toomanagi

Black Stripe (pretest to recommended0

Weapons defense with weapon

Baton defense -4 ways

Knife defense -4 ways

Bo defense- 4 ways

Black Belt Requirements

1. Improve on all previous requirements.
2. Demonstrate Shorinji Kobudo Cane No Kata.
3. 15 techniques from principals taught in class.
4. Defend against Baton, Jo, Bo, gun & Knife
6. 2 minutes of twirling