



**KANAZAWA-NO-BO**

**SKIF BO JUTSU**

**GRADING SYLLABUS**

# SHO KYU

## Requirements:

1. Minimum Shodan in SKIF
2. Minimum 1 year training in Kanazawa No Bo
3. Minimum 2 training seminars in Kanazawa No Bo

## Grading Examination:

### Kihon:

#### Standing (**Heiko Dachi**):

- Overhead (downward) strike (**Otoshi Uchi**)
- Upward strike (**Age Uchi**)
- Side strike (**Yoko Uchi**)
- Downward block (**Gedan Barai**)

#### Stepping forward and back:

- Overhead (downward) strike (**Otoshi Uchi**) in front stance (**Zenkutsu Dachi**)
- Upward strike (**Age Uchi**) in front stance (**Zenkutsu Dachi**)
- Side strike (**Yoko Uchi**) in front stance (**Zenkutsu Dachi**)
- Downward block (**Gedan Barai**) in front stance (**Zenkutsu Dachi**)

### Kumite:

#### Gohan Kumite number 1:

- Attacker: Low Side strike (**Yoko Uchi Gedan**) in front stance (**Zenkutsu Dachi**)
- Defender: Downward block (**Gedan Barai**) in front stance (**Zenkutsu Dachi**)  
Counter attack: Reverse Side Strike (**Gyaku Yoko Uchi**)

### Kata:

#### Kanazawa No Bo Dai

# CHU KYU

## Requirements:

Minimum 1 year from **Sho Kyu**

## Grading Examination:

### Kihon:

Stepping forward and back:

- Overhead (downward) strike (**Otoshi Uchi**) in front stance (**Zenkutsu Dachi**)
- Upward strike (**Age Uchi**) in front stance (**Zenkutsu Dachi**)
- Side strike (**Yoko Uchi**) in front stance (**Zenkutsu Dachi**)
- Downward block (**Gedan Barai**) in front stance (**Zenkutsu Dachi**)
- Downward block (**Gedan Barai**) in back stance (**Kokutsu Dachi**)
- Two-handed vertical block (**Tate Morote Uke**) in back stance (**Kokutsu Dachi**)

### Kumite:

Gohon Kumite number 1:

- Attacker: Low Side strike (**Yoko Uchi Gedan**) in front stance (**Zenkutsu Dachi**)
- Defender: Downward block (**Gedan Barai**) in front stance (**Zenkutsu Dachi**)  
Counter attack: Reverse Side strike (**Gyaku Yoko Uchi**)

Gohon Kumite number 2:

- Attacker: Middle Side strike (**Yoko Uchi Chudan**) in front stance (**Zenkutsu Dachi**)
- Defender: Two-handed vertical block (**Tate Morote Uke**) in back stance (**Kokutsu Dachi**) Counter attack: Reverse Side strike (**Gyaku Yoko Uchi**) in front stance (**Zenkutsu Dachi**)

### Kata:

**Kanazawa No Bo Dai**

# JYO KYU

## Requirements:

Minimum 1 year from **Chu Kyu**

## Grading Examination:

### Kihon:

Stepping forward and back:

- Triple Overhead (downward) strike (**Sanbon Otoshi Uchi**) in front stance (**Zenkutsu Dachi**)
- Down-Up-Down strike (**Otoshi-Age-Otoshi Uchi**) in front stance (**Zenkutsu Dachi**)
- Triple Side strike (**Sanbon Yoko Uchi**) in front stance (**Zenkutsu Dachi**)
- Thrust strike (**Morote Tsuki**) in front stance (**Zenkutsu Dachi**)
- Downward block (**Gedan Barai**) in back stance (**Kokutsu Dachi**)
- Two-handed vertical block (**Tate Morote Uke**) in back stance (**Kokutsu Dachi**)

### Kumite:

Gohon Kumite number 2:

- Attacker: Middle Side strike (**Yoko Uchi Chudan**) in front stance (**Zenkutsu Dachi**)
- Defender: Two-handed vertical block (**Tate Morote Uke**) in back stance (**Kokutsu Dachi**)  
Counter attack: Reverse Side strike (**Gyaku Yoko Uchi**) in front stance (**Zenkutsu Dachi**)

Gohon Kumite number 3:

- Attacker: Thrust strike (**Morote Tsuki**) in front stance (**Zenkutsu Dachi**)
- Defender: Downward block (**Gedan Barai**) in back stance (**Kokutsu Dachi**)  
Counter attack: Thrust strike (**Morote Tsuki**) in front stance (**Zenkutsu Dachi**)

### Kata:

**Kanazawa No Bo Sho**

# SHIDOIN

## Requirements:

Minimum 1 year from **Jo Kyu**

## Grading Examination:

### Kihon:

Same as for **Jo Kyu**, plus:

Stepping forward and back:

- Downward block (**Gedan Barai**) in cat stance (**Neko-ashi Dachi**)
- Two-handed vertical block (**Tate Morote Uke**) in cat stance (**Neko-ashi Dachi**)

### Kumite:

Sanbon Kumite number 1:

Attacker – all front stance (**Zenkutsu Dachi**):

- High Attack: Overhead strike (**Otoshi Uchi Jodan**)
- Middle Attack: Side strike (**Yoko Uchi Chudan**)
- Low Attack: Thrust strike (**Morote Tsuki Gedan**)

Defender – all back stance (**Kokutsu Dachi**)

- Overhead Two-handed block (**Morote Uke Jodan**)
- Middle two-handed vertical block (**Tate Morote Uke Chudan**)
- Downward block (**Gedan Barai**)
- Counter attack: Thrust strike (**Morote Tsuki**) in front stance (**Zenkutsu Dachi**)

### Kata:

**Kanazawa No Bo Dai and Kanazawa No Bo Sho**

### Bunkai:

As selected by grading examiner.