

Shintani Wado Kai Karate Federation



Version 2.0
January 2016

SHINDO COURSE OUTLINES

SWKKF INTELLECTUAL PROPERTY

Copyright, patent rights and all other intellectual property rights in anything first conceived, developed or reduced to practice by the Employee or Volunteer in the performance of their work while employed with or a member of The SWKKF shall vest in the Employee or Volunteer. The Employee or Volunteer hereby grants to the SWKKF a non-exclusive, irrevocable, worldwide, fully paid and royalty-free license to use copy or translate the Work for professional purposes. If the member volunteer leaves or Employee is dismissed or chooses to terminate their employment or membership with The SWKKF, The SWKKF retains rights to the use of the works without reservation or exception.

DOCUMENT VERSION HISTORY

DATE	VERSION	EXPLANATION
N/A	1.0	Document Creation
January 2016	2.0	Document Formatting (Content Updated)

TABLE OF CONTENTS

SWKKF INTELLECTUAL PROPERTY	2
DOCUMENT VERSION HISTORY	3
TABLE OF CONTENTS.....	4
BASIC SHINDO COURSE – OUTLINE AND DIVISIONS	5
BASIC SHINDO – DIVISION 1.....	6
HISTORY OF SHINDO	6
PRINCIPLES OF SHINDO.....	6
GRIPS AND HOLDS OF THE SHINDO	6
BASIC PRINCIPLES.....	7
TARGET AREAS AND APPLIED STRIKES.....	7
SEE COURSE OUTLINE FOR APPLIED STRIKES TO SPECIFIC AREASBASIC SHINDO - DIVISION 2	8
HIP ACTION - DEMONSTRATIONS MUST BE GIVEN	9
CONTROL OF SHINDO DURING BLOCKING/STRIKING.....	9
BASIC-STANCES INCORPORATION	9
BASIC SHINDO - DIVISION 3	10
LINE WORK WITH PARTNER (KATA SECTION).....	10
BASIC SHINDO - DIVISION 4	11
LEARN/PERFORM SHINDO NIDAN	11
BASIC SHINDO TIME ESTIMATES - DIVISIONS	12
THE ART OF SHINDO - ORIGINS, PRINCIPLES AND CONCEPTS.....	14
KNEELING BOW IN	15
SPECIAL NOTE	15
INTERMEDIATE SHINDO COURSE – OUTLINE AND DIVISIONS.....	16
BASICS COURSE GRADING TIME FRAMES.....	16
INTERMEDIATE SHINDO TIME ESTIMATES - DIVISIONS.....	17
ITEMS TO FOCUS ON.....	19
ADVANCED SHINDO COURSE – OUTLINE AND DIVISIONS.....	20
ADVANCED SHINDO – DIVISION 1.....	21
TECHNIQUE A.....	21
TECHNIQUE B	21
TECHNIQUE C	21
TECHNIQUE D.....	22
TECHNIQUE E	22
TECHNIQUE F	22
TECHNIQUE G.....	23
TECHNIQUE H.....	23
TECHNIQUE I	23
TECHNIQUE J.....	23
TECHNIQUE K	24
TECHNIQUE L.....	24
COMMITTEE MEMBERS	25

BASIC SHINDO COURSE – OUTLINE AND DIVISIONS

- DIVISIONS**
- D1** History of Shindo
Principles of Shindo Grips and Holds of the Shindo Basic Principles
Target Areas and Applied Strikes
 - D2** Hip Action
Control of Shindo During Blocking/Striking Basic Stances-Kiba Dachi., Zenkutsu Dachi, Shizen Tai, Juji Dachi
 - D3** Line Work With Partner (Kata Sections)
(Introduction to Soft Shindo)
 - D4** Learn/Perform Shindo Nidan

NOTE: Divisions 1 to 4 can be alternated by instructor so all areas are covered by each instructor.

BASIC SHINDO – DIVISION 1

HISTORY OF SHINDO

- a) Read over “origins, principles and concepts,”
- b) Answer any questions pertaining to above stressing Sensei’s methods of technique and concepts of harmony, peace and humility,
- c) Go over bow-in procedures (*Practice at each class).
- d) Give out copies to your students of “History of Shindo.”

PRINCIPLES OF SHINDO

Explain:

1. Shindo is an extension of your arms.
2. All principles applied in Wado Karate are applicable to Shindo.
3. Push/pull action of the hands—illustrate this.
4. Pivot point is always midway between the two hands—illustrate this.
5. Shindo held in thirds except in certain techniques—illustrate this.
6. Grips of both hands is 90° to Shindo—illustrate this.

GRIPS AND HOLDS OF THE SHINDO

Three types of basic grips:

1. DEFENSIVE GRIP
 - Shindo held in thirds—illustrate this.
 - Palms facing down—illustrate this.
 - Technique executed with line of grip 90° to Shindo.
 - Front or back end of Shindo can be used effectively— illustrate.
 - Rotation of controlling hand is a must.
 - Lock Shindo to body.
2. Offensive Grip – ILLUSTRATE ALL
 - Shindo held in thirds.
 - Forehand facing up—back hand down.
 - Technique executed with line of grip 90° to Shindo.
 - Front and back of Shindo can be used effectively depending on angles of strikes or blocks in conjunction with boken grip (is permissible).
 - Rotation of controlling hand applies.
 - Lock Shindo to body.
3. BOKEN GRIP – FULL ILLUSTRATION
 - Use only bottom third of Shindo.
 - Karate grip—illustrate.
 - Tighten grip from small finger inward to the index finger. Maximum tension on little finger.

BASIC PRINCIPLES

- If the right leg is forward, the right shoulder should be forward.
If the left leg is forward the left shoulder and hand is forward. In both cases, offensive or defensive grips can be applied.
- Grip position is the same (in thirds).
- Rotation of the controlling hand applies.
- Lock Shindo to body.

TARGET AREAS AND APPLIED STRIKES

DEMONSTRATE WITH SPECIFIC STRIKE TECHNIQUE

LEGS

- Outside of leg—calf, knee, thigh
- Inside of leg—calf, knee, thigh

Forward and reverse downward strikes Offensive and defensive grips

DEMONSTRATE WITH SPECIFIC STRIKE TECHNIQUE

GROIN (hip joint level/lower pelvis area)

- Left and right sides and centre
- Forward and reverse downward strikes—thrust offensive and defensive grips

ILLUSTRATE AND DEMONSTRATE ALL

FLOATING RIBS

- Left and right side chudan forward and reverse strikes Offensive and defensive grips

SOLAR PLEXIS

- Upper cut reverse strike Left and right chudan strike with shift
Offensive and defensive grips

WRISTS

- Downward strike left and right sides from outside of arm—offensive and defensive Forward and reverse type strikes

BICEPS

- Mid-section strike offensive and defensive grips
- Left and right side
- Offensive and defensive grips

COLLARBONE

- Left and right side downward strike Offensive and defensive grips

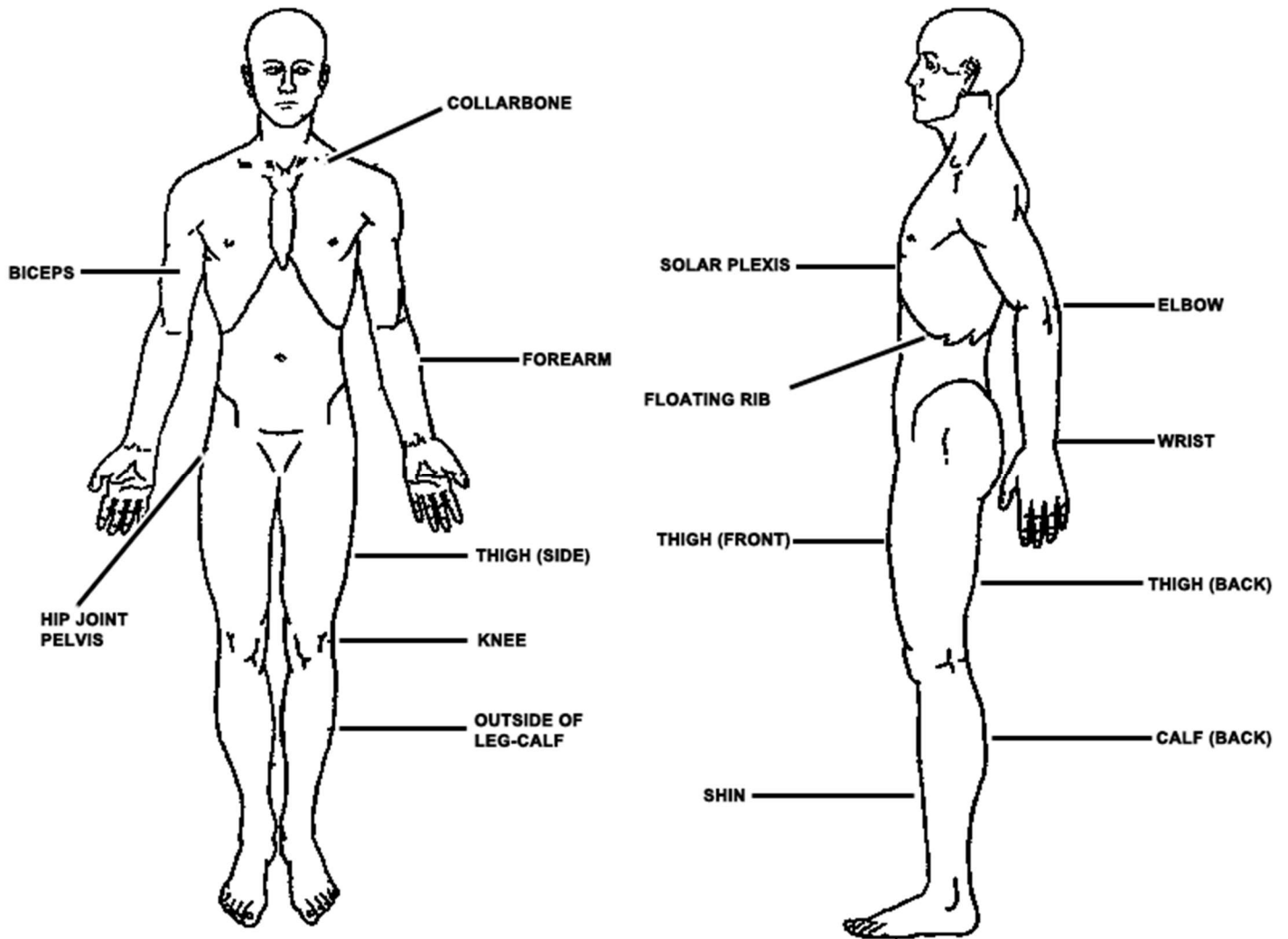
FOREARM

- Left and right sides downward strike Offensive and defensive grips

ELBOW

- Left and right sides mid-sections strikes

BASIC TARGET AREAS FOR SHINDO



SEE COURSE OUTLINE FOR APPLIED STRIKES TO SPECIFIC AREAS

BASIC SHINDO - DIVISION 2

HIP ACTION - DEMONSTRATIONS MUST BE GIVEN

- As in karate technique, hip action in Shindo must be present.
- For those not understanding hip action concept, illustration and demonstration is required along with practice at this point. A review of hip action principles should be presented at each class for review and development incorporating posture, stance manipulation, weight placement, technique and body focus.
- Work hip action with the basic stances, walking and turning in kiba dachi, zenkutsa dachi, and juji dachi.
- Define principles and structuring of stances to develop hip action.
- Combine hip action basic walking with basic Shindo technique and develop rhythm and focus of combining technique and hip action.
- When using Shindo, make sure the following principles apply— line of force—hip— shoulder—elbow—hand.

CONTROL OF SHINDO DURING BLOCKING/STRIKING

Points to Train:

1. Proper grip (in thirds).
2. Forearm in direct line with Shindo.
3. Both hands should remain in contact with Shindo.
4. Proper angle of grip in relation to Shindo.
5. Hand changing (defensive and offensive) should be done when the Shindo is in a “safe” zone of a combination technique or single technique
Example—block and change hand position on grip at back of block before strike is done. Ensure Shindo is locked into body. Demonstrate.

BASIC-STANCES INCORPORATION

Stances are shizen tai, kiba dachi, zenkutsa dachi and juji dachi.

1. Shizen tai—cross body block—frontal.
2. Kiba dachi to juji dachi with single and/or combination technique to work rhythm, timing, hip action and focusing.
3. Zenkutsa dachi—walking and turning with any of the basic blocks and/or strike combinations.

NOTE: Work cross body blocking from these stances.
High and low techniques.
Strikes to all important body areas.

BASIC SHINDO - DIVISION 3

LINE WORK WITH PARTNER (KATA SECTION)

- A. Using two predetermined sections of Shindo Nidan in line, work to illustrate bunkai and application methods:
 - Sokui uki
 - Osato uki
- B. For these techniques, soft Shindo is to be used.

BASIC SHINDO - DIVISION 4

LEARN/PERFORM SHINDO NIDAN

Work individual moves and then in sequences to the point of being able to perform it.

BASIC SHINDO TIME ESTIMATES - DIVISIONS

DIVISION 1	
25 MINUTES	<p>1a. Low block in kokutsudachi from natural stance/left, then right</p> <p>2a. Low block in kokutsudachi walking forward</p> <p>Things to look for:</p> <ol style="list-style-type: none"> 1. Thrusting downward 2. Sabaki over left knee 3. Knee, hip, hand rotation (tie in) 4. Kami under forearm on back/Shindo 5. Rotate Shindo to body 6. Point hip (shuto to hip action) <p>Repeat above in zenkokutsu dachi</p>
DIVISION 2	
25 MINUTES	<p>2a. Inside block and strike—udi uki from jujidachi into kidadachi—mid section strike</p> <p>Things to look for:</p> <ol style="list-style-type: none"> 1. Rotate Shindo to body 2. Rotate away from body 3. Shindo goes along forearm <p>NOTE: Inside block comes from the center line of the body to the outside. Outside block comes from the outside of the body towards the center line.</p>
15 MINUTES	<p>2b. Offensive grip—right or left leg forward</p> <p>Things to look for:</p> <ol style="list-style-type: none"> 1. Pivot point (fulcrum) 2. Along body center line 3. Hip action (no wind up)
20 MINUTES	<p>2c. From natural stance, thrust behind you as you step into jujidachi, then clear the hands as you step up into a natural stance.</p> <p>Things to look for:</p> <ol style="list-style-type: none"> 1. No wind up 2. Proper target areas 3. Push/pull action on clear 4. Pivot point—body centre
10 MINUTES	<p>2d. From natural stance (left leg forward) - defensive grip, perform a sokui uki to block a mid-section front kick</p> <p>Things to look for:</p> <ol style="list-style-type: none"> 1. Lead tip of Shindo points to outside of leg 2. Left forearm protects upper body from a high kick 3. Step back into jujidachi 4. Trapping the kick 5. Continuous motion to “ceiling” with blocking end of Shindo 6. Shindo tight to body and centered <p>—CAUTION ON EXECUTION—</p>

BREAK – 5 MINUTES**DIVISION 3****15 MINUTES**

3a. From natural stance/offensive grip perform a bicep strike/empei to mid-section and to a cross body collarbone strike

Things to look for:

1. Good hip action
2. Distancing

15 MINUTES

3b. From natural stance/defensive grip perform a cross body high block at the back of the technique reverse the top hand to an offensive grip to perform an ude uki. Rotate hand to defensive grip and strike to floating ribs.

Things to look for:

1. Hand switch properly
2. Hand switch at right time
3. Target focus
4. Distancing and shifting

BREAK – 10 MINUTES**DIVISION 4****20 MINUTES**

4. Submission techniques

1. Arm strike—take down
2. Kick block—take down

DIVISION 5**20 MINUTES**

5. Review SHINDO NIDAN

BREAK – 10 MINUTES**DIVISION 6****75 MINUTES**

6. Learn Shindo kata – CHIBOTE

TOTAL TIME: 409.5 MINUTES or 6.82 hours

This includes basic grading, presentation of rank and 10 minute break.

THE ART OF SHINDO - ORIGINS, PRINCIPLES AND CONCEPTS

The art of Shindo was devised by Masaru Shintani Sensei, 9th Dan, in the early 1970's and he started teaching Shindo to his students in the late 1980's.

Sensei had made the Shindo methods and principles known to Otsuka Sensei who gave it his full endorsement.

Its concept is two-fold.

First, it was to be a supplement to karate training incorporating the fundamentals of the Shintani Karate-method— sudden explosive action, proper body movement as well as combining harmony, peace and humility. These principles were very close to Sensei as they were conducive to real martial arts training.

Second, by being introduced to the law enforcement agencies as a practical method for use by officers in the field, the Shindo method would enhance the abilities and effectiveness of the performance of those using its principles and training.

In essence, it is a gift to his students and to society which showed the true nature of all martial arts.

KNEELING BOW IN

Face the class in natural stance with the feet shoulder width apart, the Shindo is divided into three equal parts with both palms facing down. For attention stance have the thumb and index finger circling the Shindo, the Shindo is held in the right hand for the bow in, the other three fingers are formed around the Shindo but not tight. The “V” between the thumb and the index finger face the front of the Shindo. Keep the Shindo 5 – 10 degrees off of the floor. The Shindo will be angled 5-10 degrees from the vertical towards the front. Heels together toes apart.

Face the class in the above posture, as the left foot steps to the back, the left knee drops to the floor parallel to and just behind the right foot. As the kneeling position is executed the bottom end of the Shindo is placed in the left hand, in a natural holding position flowing into the left hip with the right hand positioning the Shindo along the centre line of the body, angled upwards 45 degrees off of the horizontal. Drop the right knee back and to the floor so that the knees are even and two fists width apart facing the front. Hold the Shindo with your hands resting in your lap and the Shindo divided into three equal parts. Slide the Shindo through the right hand until your fists touch, then grip the Shindo with your right hand, release the grip with your left hand and place your left hand on top of your left thigh. Set the Shindo on your right side pointing toward the front with 1/3 of the Shindo protruding past your right knee. Bring your right hand to the top of your right thigh Perform Mokso (see etiquette manual) .To turn and face the Shinzen pick up the Shindo in the centre with the right hand, slide the left knee toward the Shinzen, then the right knee keeping the Shindo parallel to the right leg. Place the Shindo on the floor beside and parallel to the right leg.

Slide both hands off of the thighs to the floor in front of you, forming a triangle with the thumbs and index fingers (hands flat on the floor). Bring your nose to the formed triangle without letting your rear end leave your heels, return to seiza position. Grip the Shindo in the centre with the right hand, then rotate by bringing your right knee then your left knee to face the front, keeping the Shindo parallel to the right leg. (For the instructor facing the class the process is in the opposite direction). Set the Shindo on the floor (still on your right side). Repeat the bow to the front.

Grip the Shindo with your right hand in the centre and place it in front of your body parallel to your knees, the fist gripping the Shindo is along the centre line of the body, Place the Shindo in front of you (approximately forearms distance from your right knee) return to seiza position .To perform this bow, set the left hand down on to the floor first with the thumb and index finger along the centre line of the body, then bring the right hand down to the floor to complete the triangle.** Repeat the bow from earlier, then return the right hand to the right thigh first, then the left hand to the left thigh. From this position place the right hand on the centre of the Shindo, bring the Shindo back to your thighs (dividing the Shindo into three equal parts), bring your right knee up placing the foot slightly ahead of the left knee, with the Shindo pointing to the front on a 45 degree angle off the horizontal and the body positioned to a 45 degree angle to the left of the centre line of a frontal attack. Rise up bringing the left foot to a natural stance at 45 degrees to a frontal attack. Draw the right foot back to a frontal natural stance, with the Shindo going to a frontal neutral position.

SPECIAL NOTE

If you have to stand to bow due to physical limitations, the bow to honor the Shindo is executed in the following fashion. Heels are together with the toes apart, with both hands on the Shindo (palms facing up) extend the arms out from the body and on a downward angle (45 degrees down from the horizontal), with the thumbs lightly gripping the Shindo. The baby finger and ring finger from both hands should be touching. Lower the head for a traditional bow (see etiquette manual). Upon completion of the bow grip the Shindo in the left hand, and slide the right hand to the 1/3 position with the palm facing down, then rotate the left hand to the 1/3 position with the palm facing down, at the same time as the left hand rotates, the left leg slides out to perform a natural stance, with the feet moving in the traditional left, right manner. It is especially important that the grip during the bow be viewed as a presentation and is in no way threatening.

INTERMEDIATE SHINDO COURSE – OUTLINE AND DIVISIONS

DIVISIONS	D1	Low blocking from stationary position and walking
	D2	Combinations block/ strike techniques
	D3	Combinations block/ strike techniques including line work
	D4	Submission techniques
	D5	SHINDO NIDAN review
	D6	Learn Shindo kata CHOBOTIE

BASICS COURSE GRADING TIME FRAMES

BASIC GRADING - 90 MINUTES

PRESENTATION OF RANK - 45 MINUTES

BREAK - 10 MINUTES

INTERMEDIATE SHINDO TIME ESTIMATES - DIVISIONS

DIVISION 1	
25 MINUTES	<p>1a. Low block in kokutsudachi from natural stance/left, then right</p> <p>2a. Low block in kokutsudachi walking forward</p> <p>Things to look for:</p> <ul style="list-style-type: none"> 7. Thrusting downward 8. Sabaki over left knee 9. Knee, hip, hand rotation (tie in) 10. Kami under forearm on back/Shindo 11. Rotate Shindo to body 12. Point hip (shuto to hip action) <p>Repeat above in zenkokutsu dachi</p>
DIVISION 2	
25 MINUTES	<p>2a. Inside block and strike—udi uki from jujidachi into kidadachi—mid section strike</p> <p>Things to look for:</p> <ul style="list-style-type: none"> 4. Rotate Shindo to body 5. Rotate away from body 6. Shindo goes along forearm <p>NOTE: Inside block comes from the center line of the body to the outside. Outside block comes from the outside of the body towards the center line.</p>
15 MINUTES	<p>2b. Offensive grip—right or left leg forward</p> <p>Things to look for:</p> <ul style="list-style-type: none"> 4. Pivot point (fulcrum) 5. Along body center line 6. Hip action (no wind up)
20 MINUTES	<p>2c. From natural stance, thrust behind you as you step into jujidachi, then clear the hands as you step up into a natural stance.</p> <p>Things to look for:</p> <ul style="list-style-type: none"> 5. No wind up 6. Proper target areas 7. Push/pull action on clear 8. Pivot point—body centre
10 MINUTES	<p>2d. From natural stance (left leg forward) - defensive grip, perform a sokui uki to block a mid-section front kick</p> <p>Things to look for:</p> <ul style="list-style-type: none"> 7. Lead tip of Shindo points to outside of leg 8. Left forearm protects upper body from a high kick 9. Step back into jujidachi 10. Trapping the kick 11. Continuous motion to “ceiling” with blocking end of Shindo 12. Shindo tight to body and centered <p>—CAUTION ON EXECUTION—</p>

BREAK – 5 MINUTES**DIVISION 3****15 MINUTES**

3a. From natural stance/offensive grip perform a bicep strike/empei to mid-section and to a cross body collarbone strike

Things to look for:

3. Good hip action
4. Distancing

15 MINUTES

3b. From natural stance/defensive grip perform a cross body high block at the back of the technique reverse the top hand to an offensive grip to perform an ude uki. Rotate hand to defensive grip and strike to floating ribs.

Things to look for:

5. Hand switch properly
6. Hand switch at right time
7. Target focus
8. Distancing and shifting

BREAK – 10 MINUTES**DIVISION 4****20 MINUTES**

4. Submission techniques
3. Arm strike—take down
4. Kick block—take down

DIVISION 5**20 MINUTES**

5. Review SHINDO NIDAN

BREAK – 10 MINUTES**DIVISION 6****75 MINUTES**

6. Learn Shindo kata – CHIBOTE

TOTAL TIME: 409.5 MINUTES or 6.82 hours

This includes basic grading, presentation of rank and 10 minute break.

ITEMS TO FOCUS ON

- Most people try to overpower the technique—be conscience of this
- Let the hip action generate the force of the Shindo technique and make sure that the hip action works in conjunction with the hand actions
- Incorporate all basics into training—don't let the basics become compromised
- Be conscience and reinforce the fulcrum point of the Shindo action by equalizing push/pull action with the proper grip
- When working strikes, make the shortest distance possible to the target with the contact end of the Shindo

ADVANCED SHINDO COURSE – OUTLINE AND DIVISIONS

TIMEFRAME	DIVISION	EXPLANATION
180 MINUTES	D1	Advanced Shindo techniques – NIHON KUMITE
30 MINUTES	D2	Introduction To JUJI KUMITE Strike Areas Point System
60 MINUTES	D3	Kata – SEISHAN NO SHINDO

***20 MINUTES: TWO 10 MINUTES BREAKS**

290 MINUTES OR 4 HOURS AND 10 MINUTES TOTAL

ADVANCED SHINDO – DIVISION 1

TECHNIQUE A

Right leg forward - offensive grip

Attacker - right leg forward - delivers a forehand punch to the head. Front end of Shindo performs an udi uki with hip action pulling to right side of body.

Step in with left foot as a strike is delivered to the midsection with same end of Shindo.

Continue motion (pivot) around behind opponent using a reverse cross grip striking behind the knee, shifting away on a 45° angle to a ready position.

Return Shindo to ready position, ending up with right leg forward - right arm forward offensive grip.

This technique is to illustrate shifting around the attacker's body.

TECHNIQUE B

Both defender and attacker have left leg forward - Shindo is held in offensive grip - attacker delivers a right front kick (left foot of defender does not move).

Right end of Shindo shifts over top of kick to outside of leg and scoops leg. As leg is scooped by the Shindo, right leg shifts off centre line (side step).

If left kick is used as an attack - left end of Shindo comes over leg, swings under the attacker's leg and Shindo holders left leg shifts back.

Grips can be changed at discretion.

Purpose of this technique is to teach shifting off centre line.

TECHNIQUE C

Shindo held in defensive grip - natural stance.

Attacker delivers a roundhouse kick to midsection.

Shindo person shifts slightly forward with right leg to meet the attack.

Shindo person performs a cross body vertical block, blocking the kick with the centre of the Shindo (right hand on top).

Top end of Shindo (right) is pulled to the right side of body (kami) and the left end drives upward.

Angle of entrapping end of Shindo is determined by angle of kick and height. Step in for a take down.

TECHNIQUE D

Shindo person has left leg forward in offensive grip 90° to line of attacker (attacker is on left side of Shindo person with right leg forward).

Attacker delivers a left punch (reverse) to the head. Shindo person steps left foot back into juju dachi while performing a udi uki block with top part of Shindo.

Shift into sanshen dachi (right foot forward).

Striking to the solar plex area with an uppercut motion.

NOTE: Attacker starting left leg forward, punching right reverse
Illustrating hip action and fundamentals of continuous motion

TECHNIQUE E

Attacker shuffles forward with right leg forward applying a boken grip strike to upper body (collarbone).

Defender in natural stance with defensive grip, stepping forward with left leg and blocking using the centre of the Shindo, continuing the motion to the side clearing the attacker's Shindo.

- Make fluent continuous hip action
- Kami position and angle of finish are important

NOTE: Switch right hand to offensive (becomes top hand). Continue to side step through, striking the (wrist) forearm area of the attacker.

TECHNIQUE F

Shindo person is in natural stance using defensive grip.

Attacker using boken grip strike at the collarbone area with left hand high.

Shindo person steps right leg forward (if attacker has left hand on top in boken grip opposite if the other hand) blocking the attack at the base of the boken grip using the centre of the Shindo using a sivaki action with the Shindo.

Defender then continues shift to the right side of the attacker changing grips to boken with right hand high attacking the wrist area of attacker (forearm optional).

Continuing around the attacker, step into juju dachi and with a circular motion counterclockwise strike the back of the attacker's knee.

Shift out (away) to a ready position.

- Timing the strike, hip and stances at the complete same time.

TECHNIQUE G

Attacker has left foot forward thrusting with the Shindo deep to the defender's upper body.

As the thrust reaches the focus point (target), the defender shifts on 45° angle to the left.

As shift is performed the left and then right hand slides down the Shindo to boken grip, just as you land stance, apply strike (boken).

- Fluency, timing and retraction.

NOTE: Slide right hand to the one third position. Left hand changes from defensive to offensive. Continue right leg clockwise direction landing in wide sanshen dachi. Perform offensive strike (left hand high) to wrist (forearm) then step away in ready position.

TECHNIQUE H

Stances can be left or right in offensive grip.

Attacker slides Shindo into boken grip, as the left hand reaches position, you shift forward and attack opponents wrist.

Swing Shindo around to opposite side of opponent and strike left bicep using cross boken grip.

It then retracts clockwise to the opponent's right side striking the back of the knee.

- This is an attacking combination

NOTE: Step away in ready position.

TECHNIQUE I

Both sides, stances are toe to toe with offensive grip.

Attacker thrusts to the midsection, defender shifts to the left side on angle, striking to the wrist (forearm) area.

Defender then strikes with an uppercut motion to the attacker's arms, hands or weapon. Continue motion of shuffle and change to a boken grip, striking to the midsection.

NOTE: Step away into ready position.

TECHNIQUE J

Both are in offensive grip with right leg forward.

Attacker thrusts to midsection.

Defender sidesteps and performs an asoto vertical block then performs a cross-body strike in a downward motion to the upper arm and wrist area, striking both areas simultaneously.

Continue motion around attacker into juju dachi (left leg back) behind the attacker striking the back of the knee. Shift back into ready position.

NOTE: Before starting advance technique, work side shifting.

TECHNIQUE K

Hand to Shindo

Shindo person left leg forward in offensive grip.

Attacker left leg forward, performs reverse punch (right fist) to head.

Shindo person performs outside cross-body block left hand high stepping in juji dachi with right leg behind toward the right side of opponent (attacker).

Continue the fluent body rotation in a clockwise motion, perform a thrust with right hand end of Shindo to the floating rib.

Continue stepping into juji dachi with left leg forward.

Continuing rotation in clockwise direction, perform offensive strike with left hand high to the back of right knee.

Adjust stance so you are behind the attacker, grab attacker's collar on the back with left hand.

Place right foot behind attacker's right knee and simultaneously pull back with hand, push out with foot.

NOTE: Always stay tight to opponent.

TECHNIQUE L

Shindo - Shindo

Shindo person offensive, right leg forward Attacker offensive—right leg Attacker offensive strike to collarbone.

Shindo person side shifts by stepping in juji dachi left leg behind at the same time performing offensive strike to the line of attack (wrist, forearm).

Continue rotating body in counter-clockwise direction performing thrust strike to floating rib area with the left hand end of the Shindo.

Step in juji dachi right leg forward and continue the rotation in counter-clockwise performing offensive strike to back of the knee.

Step away into ready position.

NOTE: Attacker can use offensive, defensive or boken.

Version 2.0 – Shindo Course Outline is an approved document for distribution and use within the SWKKF. This document is in compliance with the Intellectual Property policy.

PRESIDENT - SWKKF

Name: _____

Signature: _____

SECRETARY GENERAL - SWKKF

Name: _____

Signature: _____

SHINDO COMMITTEE - CHAIR

Name: _____

Signature: _____



COMMITTEE MEMBERS

Sensei Jim Atkinson – Chair
Sensei Walter Greening
Sensei Frank Hageneers
Sensei Jeremy Johnson
Sensei Ray Muller
Sensei Kris Reynolds
Sensei Marco Reyes
Sensei Darwin Sherman

SHINDO MANDATE

To continue the development of Shindo and promote Shindo throughout the SWKKF as well as other organizations around the world, following the teaching passed on from Master Shintani.