

Junior Handbook

Shintaijudo of Pacifica

Martial Art

Shintaijudo Meridian Therapy

Ki- Works

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心
体
気
道

Shin (Mind)

Tai (Body)

Ki (Spirit)

Da (Way)

Shintaikido of Pacifica

Martial Art Shintaikido Meridian Therapy Ki-Works
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Shintaikido is a martial art developed and taught by Kaiso Dave Bendigkeit. **Shintaikido** is taught as a traditional martial art, allowing a person under attack to make a choice as to whether to be a street fighter, a martial artist, or to step aside and move on. The main goal of training is to be able to instantly adapt to any situation with the appropriate reaction and level of force. Constant attention is paid to learning to flow different parts of each technique together. **Shintaikido** practitioners are taught to focus on the energy aspects of the situation, viewing the resolution of conflict to be a process of healing the mind, body, and spirit of all of the people involved. They also learn to use very effective self-defense when necessary.

In 1967, **Kaiso Dave Bendigkeit**, began his training in the martial art of Aikido with Robert Nadeau Sensei. Since then he has earned a 8th Degree Black Belt in Kajukenbo under Grand Master Bob Maschmeier, a Shodan in Aikido with Patricia Hendricks Sensei, and is the founder (Kaiso) of Shintaikido. He has also trained in Sil Lum Fut Ga with Sifu Andy Ching and in knife fighting with Kuk Sa Nim Michael DeAlba and Professor Cliff Stewart. He has taught at numerous seminars throughout the United States. He is the founder of Ki-Works, a system of energy training for people from all walks of life along with Shintaikido Meridian Therapy, a system of healing including Okazaki Restoration Therapy, Acupressure and Essential Oil & Herbal Therapy. Kaiso's goal has been to continue expanding the scope of his own art and help to unite different martial arts in the spirit of friendship and sharing.



Shin (Mind)

Tai (Body)

Ki (Spirit)

Do (Way)

“Sensei Dave has a heart of GOLD that is true and sincere -
a quality that I respect the most.”
Grandmaster Ming Lum - Sil Lum Fut Ga - Hawaii

“Sensei Dave Bendigkeit is a true martial artist.
He is willing to learn from anyone who will teach and teach anyone who is
willing to learn. I am proud that he is carrying on the tradition of
‘train hard, be humble, and fight dirty’.”
Grand Master Bob Maschmeier - 9th Degree Black Belt - Kajukenbo

“I’m so proud of your accomplishments in all your arts.
You are an inspiration.”

Patricia Hendricks Sensei - Rokudan - Aikido

“Sensei Dave Bendigkeit carries a genuine knowledge of martial arts
through his teachings and respect for others.”
Sifu Andy Ching - Sil Lum Fut Ga - Hawaii

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Shintaikido Hambu Dojo

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SHINTAIKIDO CLASS STRUCTURE

Shintaikido basics incorporate hard and soft blocks, hand strikes, kicks, joint locks, aiki training, throws, groundwork, nasty street tactics, Chi Gung exercises, healing arts and weapons training. Like many Jujitsu systems, Shintaikido is organized in "Boards". Rank requirements take techniques from different boards and present them in a progressive order.

A typical Shintaikido class is run as follows:

1. Warm up. This includes stretching, strength exercises (e.g. push ups, half sit ups, etc.) Basic exercises for rooting, whipping strikes, punching and kicking, footwork, and connecting the hands and feet to the center in all movements. Rolls and high falls.
2. Partner Drills including the following:
 - Evasion drills** - proper distance, blending, drawing uke out, presenting targets to uke, deciding targets for uke, slipping punches, footwork, setting up position for multiple attackers.
 - Control drills** - blocks, whipping and blending, reasons for both (the old "don't box with a boxer" idea), grasping, closing the distance, taking balance using uke's weak direction.
 - Atemi drills** including how to strike, where to strike, and atemis that are not strikes.
 - Takedown drills** - Jujitsu and Aikido throws.
 - Grappling drills** - Jujitsu and wrestling grappling techniques.
 - Groundwork drills** - Pins & Kajukenbo groundwork.

Techniques are first demonstrated, then students practice with a partner. I go through part of a "board" or go through the requirements for a rank. Classes are also taught by either doing one technique from many attacks, or one attack into many techniques. Everything is done left and right side. The whole idea is to give the students a feeling for going with the flow of the attack. Uke must learn to attack with the proper intent.

3. **Shintaikido's five steps of a complete technique: *evasion, control, atemi, takedown, and groundwork*.** A portion of each class is devoted to the student working on using their knowledge to create a complete technique based on these five steps.
4. **Jiyu waza** (free-style) and **Randori** (multiple attacker) drills using the five steps are done at the end of each class.
5. **Weapons training** - Optional forms & techniques with the Bo, Jo, Bokken, (*Required against Club, and Knife*)

Techniques are taught with mention of Ki flow in addition to the physical aspects. I believe that teaching in this manner eventually creates students who can easily adapt to different situations.

BASIC PHILOSOPHY OF SHINTAIKIDO

Shintaikido is a martial **ART**. Like other martial arts, Shintaikido places great emphasis on basic techniques and movements. However, I also believe that reactions must be based on the energy of the immediate situation. Throughout each class, the philosophy of caring is mentioned so that students learn with the proper control of power. Without this aspect, training can become "more martial than art". Shintaikido is taught from this basic philosophical standpoint: If the goal of your actions is to protect yourself and your attacker, then the results are going to be positive for both parties involved. This does not negate the fact that there may be times when you must use lethal force in order to survive.

Shintaikido

(MIND - BODY - SPIRIT - WAY)

Sensei Dave Bendigkeit

In your performance of these Shintaikido techniques, I am looking for the application of basic principles: blending with the attack, rooting of the stance, penetrating power, whipping of the strikes, and proper breathing. I am looking for control of your strikes & throws, along with control of the attacker. You must learn the principles of slow to fast, closed fist vs. open hand, leverage, shape and lines of techniques, blending, flow and extension.

It's most important to be able to perform all techniques without causing injury to the attacker. You must learn to:

1. Anticipate and block the attack or blend with it.
2. Shock the attacker by striking (using an "Atemi") if necessary.
3. Take the attacker's balance by locking, striking, or blending.
4. "Open the trap door" (a matter of timing) in order to execute the throw.
5. The goal is to be able to do any technique from any attack (within reason, of course).

As you learn the techniques, you must think about applying the principles Shintaikido to your movements. Without the correct principles, your technique is nothing more than pugilism and use of force.

You must understand the philosophy of Shintaikido. By showing compassion and strength in your technique, you can change lives for the betterment of all. You begin by learning simple movements and application of principles to "self defense" techniques. Through correct training, you learn to unify your own mind, body and spirit, along with those of others. In this way you can have a positive effect on the world around you.

The level of power available to you through these techniques can take years to attain.

Practice these techniques every day.

In the interest of "giving credit where credit is due," please understand that these techniques and philosophies are based mainly on the teachings of Grand Master Bob Maschmeier (Kajukenbo), Robert Nadeau Shihan (Aikido), Patricia Hendricks Sensei (Aikido), Sifu Andy Ching (Sil Lum Fut Ga), Professor Wally Jay (founder of Small Circle Ju Jitsu), Kuk Sa Nim Michael De Alba (Modern Farang Mu Sul, knife arts), Guru Cliff Stewart (knife arts), Dr. Tony Scuderi (Judo), and of course, O-Sensei Morihei Uyeshiba (founder of Aikido), along with every martial artist I ever met who was kind enough to share their art with me.

Shintaikido

BASIC TERMS & CONCEPTS

ATEMI - An initial strike to soften the attacker. A “Pebble in the pond.”

BLENDING - Moving with the attacker’s force instead of against it.

BREATH THROW - Throws using breathing and blending.

CENTER - One inch below the navel. All techniques and ki energy originate from the center and from the ground.

DISTANCE - The correct distance between partners where one or both must commit to attack or run.

ENTERING - Moving straight into Uke with the technique.

TURNING - Turning behind Uke with the technique.

HAJIME - “Begin”

HANDBLADE - Extend arm, curved like a sword.

HANMI - Basic stance. A “relaxed” T-stance.

KAISO - Founder.

KI - Chi, energy, intent, vapors, life force. Awareness of & extension of **KI** is paramount in Shintaikido

MATTE - “Wait”

NAGE - Defender (literally: throw, thrower)

ROOTING - Extending ki into the earth for balance and strength in your stance. This is accomplished through proper breathing, thinking down and *bending the knees*.

SENSEI - “Teacher” in Japanese

SHOMEN - The area representing the Dojo. Literally: “front”

SIFU - “Teacher” in Chinese

SUBURI - Practice strikes.

TORI - The person performing the technique

UKE - Attacker (literally: to receive, one who receives the technique)

WHIPPING STRIKES - Open handed, very fast strikes.

YAME - “Stop”

ZONES - Zone 1 - inside Uke’s attack (usually inside Uke’s arm - directly face to face)

Zone 2 - Next to Uke’s attack (usually outside Uke’s arm)

Zone 3 - Behind Uke

Shintaikido

BASIC EXERCISES

These will help you to learn the principles of Shintaikido

Ki Extension Exercises

Unbendable arm, extending ki

Centering Exercises

Moving from center exercises

Two Step

Evasion 1: From RH Lapel Grab - Step left, RF straight back (away from Uke), LH Blending to grab Uke RH.

Evasion 2: From RH Lapel Grab - Step left, RF to 90°, LH Blending to grab Uke RH.

Evasion 3: From RH Lapel Grab - Step left toe to toe with Uke, RF around 180°, LH Blending to grab Uke RH.

Evasion 4: From RH Lapel Grab - Allow grab, step straight back with LF (away from Uke) & lead Uke to slightly off-balance.

Evasion 5: From RH overhead strike - Raise LH up on 45°, step to evasion 2, LH Blending to grab Uke RH.

Evasion 6: From RH Lapel Grab: - Do Evasion 1 (stepping in wide & deeply, next to Uke), LH blending touch to Uke Right Shoulder & Pivot feet to face same direction as Uke.

Corner Drop

Shintaido

BASIC TECHNIQUES

STANCES (All stances must be rooted)

Hanmi Stance
Boxer Stance
Getting out of the way, slipping punches
Horse Stance
Cover Stance
Cat Stance
T-Stance
Basic Footwork

STRIKES

Kenpo Fist
Jab
Cross
Hook
Uppercut
Straight Forward Punch
Kenpo Punch
Back Fist
Overhead strike
Fut Ga Long Punch
Backslash
All of the above with club
Knuckle rake
Elbow strikes
Combinations

GRABS

Straight hand grab (same side)
Cross hand grab
Two hand grab (on one wrist)
Two hand grab (on two wrist)
Handshake
Grabbing of the hand & fingers
Elbow, shoulder grabs

Lapel grab (one hand)
Lapel grab (two hand)
Chokes (from front and back)
Chest grab

GRABS (continued)

Bear Hug - front & back
Headlock
Full Nelson
Collar grab (from back)
Belt grab, front and back

Combinations of grabs and strikes
All grabs from behind including combinations

BLOCKS (arm & hand strikes)

Whipping Blocks (Sil Lum Fut Ga)
Chi Sau
Na Sau
Aikido Blocks (handblades)
Hard Blocks (Kajukenbo)
Blending blocks
Parry Lift
Downward
Parry
Double Block
Defending the lower half of your body using your leg

KICKS (Four levels - high, mid, low, knee)

Front Snap
Round House
Side
Back (Mule)
Inward & Outward Crescent
Hook
Scoop
Skip
Instep
Spinning Back

OTHER TECHNIQUES

Rolls - Front & Back, Breakfalls, High Falls

Shintaido

JUNIOR BASIC TARGETS

HEAD

PULLING HAIR
EARS
NOSE
CHIN
JAW

THROAT AREA

COLLAR BONE
SIDE OF NECK

TORSO AREA

STERNUM
SOLAR PLEXUS
FLOATING RIBS
GROIN

ARMS

TRICEPS TENDON
BICEPS
RADIUS BONE
BACK OF HAND

LEGS

SIDE OF THIGH (INSIDE & OUTSIDE)
KNEE
SHIN
TOP OF CALF
TOP OF FOOT
ACHILLES TENDON
SIDES OF LOWER LEG ABOVE ANKLE

SOME MAIN PRESSURE POINTS

UNDER CHEEKBONE
UNDER NOSE
UNDER BOTTOM TEETH
UNDER JAW
COLLAR BONE (INSIDE)
TRAPEZIUS
FRONT OF SHOULDER

TOP OF BICEP
INSIDE UPPER ARM BY ELBOW
OUTER FOREARM BY ELBOW
BETWEEN RADIUS & THUMB

STERNUM POINTS
FRONT OF PECTORALS
TOP OF PELVIS
SIDES OF LOWER LEG ABOVE ANKLE
ACHILLES TENDON

Shintaikido

FIRST BOARD - BASIC ESCAPES

1. FROM STRAIGHT HAND GRAB

Turn hand, step back

2. FROM CROSS HAND GRAB

Turn hand, step back

3. FROM TWO HAND GRAB ON TWO WRISTS

Clap hands, step back

4. FROM TWO HAND GRAB ON ONE WRIST

Hit attacker wrist, grab hand, step back

5. FROM FINGER HOLD

Defender elbow to chest

6. FROM CROSS LAPEL STRANGLE

Two inward blocks, stepping back to horses - block to lower arm first.

7. FROM FRONT CHOKE (A)

Stepping In: Tuck chin, clap under, step forward & break grip, hammer fists to collar bone

Stepping Back: Tuck chin, clap under, step back & break grip, kick to groin

8. FROM FRONT CHOKE (B)

Press wrists together and push yourself back

9. FROM BACK BEAR HUG

Drop one foot out to horse, Rotate and extend arms forward, open uke arm and escape.

10. FROM FULL NELSON

A) Before locked - Drop one foot out to horse, Pound elbows down to side

B) After locked - Drop one foot out to horse, slide elbows in and along ribs

11. FROM BACK HAND GRABS

From One Hand Grab

- 1) Handblade (fingers down) & turn (2 step)
- 2) Handblade (fingers up, drop elbow)& turn (step & pivot)

From Two Hand Grab

Basic Aikido escape - Step Back - Flat Hands - Front foot hand up & pivot

12. FROM LAPEL GRABS

From Two Hand Grab

Clap hands, using forearms, step back, pull uke elbows down & attack with clasped hands

From One Hand Grab

Inward block, stepping back to horse

13. FROM HEADLOCK

Attack back of hand, tuck head, push back & out

14. FROM HANDSHAKE

Peel thumb to outward wrist lock
1-2-3-4

15. FROM BACK CHOKE

Raise arms, turn, and turn around

Shintaikido

SECOND BOARD

FINGER LOCKS

ONE FINGER HOLD OR COME-ALONG

Grab crosshand, turn palm up, push uke's index fingertip to 2nd joint.
Cup finger in your fore-knuckle joint & use your thumb pad at fingertip

ALL FINGERS COME-ALONG

Grab same side fingers, turn uke's fingers toward rear,
grab elbow with other hand to straighten arm, applying fingerlock.

BREAKING ALL FINGERS AGAINST THE CHEST

Step back and chop uke's hands

ALL FINGERS INTERLOCK

Down - Up - Left - Right

FINGER LOCK CONTROL EXERCISES

Get one finger: Down - Up - Left - Right
Change grips & change hands

Shintaikido

THIRD BOARD

TECHNIQUES

Basics

Strikes to bend the attacker

Pinches

Balance taking

Arm & Wrist Locks

Bent Arm Bar:

 Entering (to Uke Front)

 Turning (to Uke Rear)

Outward wrist lock

Inward wrist lock

Upward wrist lock

Gooseneck

Chicken wing

Full nelson

Figure 4 lock

Four direction throw

Hammerlock

Pistol grip

Straight Arm bars (triceps tendon & hyperextension of elbow)

Flow drills

Shintaido

FOURTH BOARD

TECHNIQUES

Armlock Pins

Flat arm 90 degree pins
Standing Pin
Standing Pin w/knees
Gathering w/ forearm pins
Figure 4 pin

Leg Locks

Knee bar takedown
Leg bar
One leg stepover
Leg lock
Leg screw
Sweep Takedown
Takedowns from kicks

Shintaijudo
FIFTH BOARD

TECHNIQUES

Chokes

Cross lapel strangle

Wall choke

Jugular notch takedown

Headlocks

Knife Defenses

Various locks & Takedowns

Shintaido
SIXTH BOARD
TECHNIQUES

Basic Throwing Concepts

Trips - Grapevines
Ankle Sweeps
Knee bending throws
Cliff Dance throw
Turning throw
Hip throw
Clothesline

Jujitsu Throws

Hip Throws
 Elbow Crook
 Arm to Back
 with Arm Bar
Shoulder throws
Duck Under Arm throw
Foot to hip throw
Eviction head control
Twisted arms throw
Twisted arms shoulder throw
World's fastest takedown

Shintaikido

SEVENTH BOARD

TECHNIQUES

#1 - Breath Throws - static & in motion (standing & dropping to knee)

Spinning throw - Zone 1 - Handblade to:

Wrist

Shoulder

Chin

Extension throw - Zone 1 - Handblade to:

Wrist

Elbow

Chin

Entering Throw

Shintaikido

EIGHTH BOARD

TECHNIQUES

#2 - Breath Throws - static & in motion (standing & dropping to knee)

Turning elbows up & down throw

Extension throw - Zone 2 - Handblade to:
shoulder / triceps

Backward clothesline

Hand over head throw

Grab knees throw

Chest push throw

Shintaido
NINTH BOARD
TECHNIQUES

Throws & Locks Using Different Parts Of Your Body

Techniques from Rear Grabs

Reversals

Counters to locks and throws

Ground Work

Kenpo Groundwork

Pins

Grappling

Takedowns

Mount & Guard

Reversals

Chokes, Armlocks & Pins

Freestyle

Multiple attackers (2 - 4)

Positioning drills

Slow to fast

Strikes & Grabs

Randori

Shintaido

TENTH BOARD

WEAPONS (OPTIONAL)

Bo Staff

20 Suburi
Bo Suburi With Partner
Formal Bow
Bo Kata 1 & 2
Self Defense 1 - 16

Optional

Bo Staff Taking & Throws

Jo Staff

20 Suburi
Jo Suburi With Partner
31 Jo Kata
31 Jo Kata With Partner
5 Jo vs. Jo
Jo Staff Taking & Throws

Knife

Knife Kata (adults only)

Sword (Bokken)

Eight Direction Exercise
7 Suburi
Left Blend
Right Blend
5th & 7th Suburi Blends
Entering Blend
Block & Cut Knee Blend
6 Sword vs. Sword
Sword Kata
Sword Taking & Throws

Sword vs. Jo

Blocks With Partner
5 Sword vs Jo

REQUIRED

Weapons Defenses

Against Knife, Club, Gun

Knife

Knife Fighting (adults only)

Shintaido Junior Rank Requirements

STUDENT FIFTEENTH KYU

(Orange Belt with White Stripe)

TECHNIQUES

Forward Rolls

Backward Rolls

Evasions 1 - 4

Extension throw (zone 1) - hand to elbow (from roundhouse punch)

STUDENT FOURTEENTH KYU

(Orange Belt with White Stripe & one black stripe)

All previous material, plus:

TECHNIQUES

Evasion 5 & 6

Two - Step with partner

Bent arm bar - Entering

(from overhead strike) with Flat arm 90 degree pin

Spinning Throw - hand to shoulder (from roundhouse punch)

Free Style - slow speed with one attacker

STUDENT THIRTEENTH KYU

(Orange Belt with White Stripe & two black stripes)

All previous material, plus:

TECHNIQUES

Bent arm bar - turning (from overhead strike) with Flat arm 90 degree pin

Outward wrist lock (from kenpo punch)

Cross lapel strangle

Free Style - slow speed with one attacker

Shintaikido Junior Rank Requirements

STUDENT TWELFTH KYU (SOLID Orange Belt)

All previous material, plus:

TECHNIQUES

Evasions 1 - 6 & Bent arm bar - Entering & Turning

Inward wrist lock (from one hand lapel grab) with Flat arm 90 degree pin

Free Style - slow speed with one attacker

(SOLID Orange Belt w/stripe)

All previous material, plus:

BASIC ESCAPES (to fighting stance)

From straight hand grab

From cross hand grab

From two hand grab on two wrists

From two hand grab on one wrist

From finger hold

STUDENT ELEVENTH KYU

(SOLID Orange Belt w/2 stripes)

All previous material, plus:

TECHNIQUES

Evasions 1 - 6 & Bent arm bar - Entering & Turning

Inward wrist lock (from one hand lapel grab) to Gathering w/forearm pin

Turning throw (from roundhouse punch) GW

Free Style - slow speed with one attacker

(SOLID Orange Belt w/3 stripes)

All previous material, plus:

TECHNIQUES

Full nelson (from straight punch)

Hammerlock (from straight punch)

Shintaikido Junior Rank Requirements

STUDENT TENTH KYU (Yellow Belt)

TECHNIQUES

All previous material (showing improvement)
Free Style - medium speed with one attacker

(Yellow Belt w/1 stripe)

BASIC ESCAPES (to fighting stance)

From cross lapel strangle
From front choke (A)
From front choke (B)
From back bear hug
From full nelson

(Yellow Belt w/2 stripes)

Eviction head control (from straight punch) w/extension throw

STUDENT NINTH KYU (Yellow Belt w/3 stripes)

All previous material, plus:

TECHNIQUES

Evasions 1 - 6
Outward wrist lock (from kenpo punch) with Standing Pin
Inward Wrist Lock - both pins
Turning throw - GW
Free Style - medium speed with one attacker

(Yellow Belt w/4 stripes)

TECHNIQUES

Standing Pin w/knees (do outward wristlock)

Shintaikido Junior Rank Requirements

STUDENT EIGHTH KYU (Purple Belt)

TECHNIQUES

All previous material (showing improvement)

Randori - slow speed with two attackers

(Purple Belt w/1 stripe)

Entering and Turning versions of Four direction throw

(from straight hand grab) - Hold Down

Figure 4 lock (from roundhouse punch) TD (let go) GW

(Purple Belt w/2 stripes)

BASIC ESCAPES (to fighting stance)

From back hand grabs

From lapel grab

From headlock

From handshake

From back choke

STUDENT SEVENTH KYU (Purple Belt w/3 stripes)

All previous material, plus:

TECHNIQUES

Evasions 1 - 6

Clothesline Static & In Motion (from straight punch to stomach) GW

World's fastest takedown (from straight punch to stomach) Pin

For test: add 3 techniques from previous ranks

Randori - slow speed with two attackers

(Purple Belt w/4 stripes)

Spinning throw - handblade to wrist (from roundhouse punch)

Extension throw (zone 1) - handblade to wrist (from roundhouse punch)

(Purple Belt w/5 stripes)

Pistol grip (from handshake) - Show Lock

Upward wrist lock (from overhead strike) TD forward & pin

Shintaikido Junior Rank Requirements

STUDENT SIXTH KYU (Blue Belt)

TECHNIQUES

All previous material (showing improvement)

Randori - medium speed with two attackers

(Blue Belt w/1 stripe)

Trips (from straight punch) GW (Schoolyard Trip & Grapevine)

Ankle sweeps - with Leg & instep (from straight punch) GW

Knee bending throws - blade & instep (from straight punch) GW

(Blue Belt w/2 stripes)

Cliff Dance Throw (from Straight Punch) GW

Hip throw - elbow crook (from one hand lapel grab) GW

(Blue Belt w/3 stripes)

FINGER LOCKS

Entering throw - static (from crosshand grab)

Spinning throw - handblade to chin (from roundhouse punch)

Shintaikido Junior Rank Requirements

STUDENT FIFTH KYU (Blue Belt w/4 stripes)

All previous material, plus:

BASIC TARGETS

TECHNIQUES

Evasions 1 - 6

Gooseneck (from reverse straight hand grab) Show Lock

Knee bar takedown (from straight punch) GW

For test: add 5 techniques from previous ranks

Randori - medium speed with two attackers

(Blue Belt w/5 stripes)

Grab knees throw (from back bear hug) GW

Hip throw - arm to back (from one hand lapel grab) GW

Extension throw (zone 1) - handblade to chin (from roundhouse punch)

(Blue Belt w/6 stripes)

Extension throw (zone 2- turning) - handblade to shoulder (from kenpo punch)

Clubs - Outward Wrist Locks

Shintaikido Junior Rank Requirements

STUDENT FOURTH KYU (Green Belt)

All previous material, plus:

TECHNIQUES

Evasions 1-6

Arm bars TDGW:

Double block zone 2 from straight punch

Outside LH over zone 2 from kenpo punch

Do inward wrist lock from lapel grab & step back pressing with your elbow

From neck hook (gathering)

From lapel grab (triceps tendon)

For test: add 10 techniques from previous ranks

Randori - fast speed with two attackers

(Green Belt w/1 stripe)

Chicken wing (from straight hand grab) Show Lock

Sweep Takedown (from front snap kick - zone 2) GW

Leg bar (from front snap zone 2 & roundhouse kick zone 1- Hand to Chin) GW

(Green Belt w/2 stripes)

Extension throw (zone 1) - handblade to neck (inside & outside - from roundhouse punch)

Entering throw in motion (from overhead strike)

Turning elbows up & down throw (from two hand shoulder grab)

(Green Belt w/3 stripes)

Clubs - Bent Arm Bars

Knife Attacks from: Straight Thrust // Knife to Throat or Chin (from front)

Shintaikido Junior Rank Requirements

STUDENT THIRD KYU (Green Belt w/4 stripes)

All previous material, plus:

TECHNIQUES

Evasions 1-6

Lock flow drills

One leg stepover (from straight punch) GW

For test: add 10 techniques from previous ranks

Randori - fast speed with two attackers

(Green Belt w/5 stripes)

Hip throw - with arm bar (from neck hook) GW

Spinning attacker clothesline (from two hand grab on one wrist)

Backward clothesline (from straight hand grab) static (pose & extend at end)
& in motion (GW at end)

(Green Belt w/6 stripes)

Clubs - Arm Bars//Extended Wrist Locks

Knife Attacks from: Roundhouse Slash//Backslash//Knife to Stomach (from front)

Shintaikido Junior Rank Requirements

STUDENT SECOND KYU (Brown Belt)

Brown Belts must help with teaching classes

Brown Belt candidates must pass a Pre-Test on ALL previous material

TECHNIQUES

Evasions 1-6

Figure 4 Pin (from roundhouse punch) use shin to pin

Leg lock (from straight punch)

Headlocks: front (from tackle)//reverse (from straight punch) TD GW

For test: add 15 techniques from previous ranks

Free-style - medium speed with one attacker

Randori - medium speed with three attackers

(Brown Belt w/1 stripe)

Twisted arms shoulder throw (from two hand lapel grab) GW

Shoulder throw (from roundhouse punch) GW

Duck Under Arm Throw (from straight hand grab)

(Brown Belt w/2 stripes)

From back wrist grabs (w/GW): Outward Wrist Lock//Bent Arm Bar//Hand Over Head Throw//Duck Under Arm Throw

(Brown Belt w/3 stripes)

Lock Reversals: outward//inward//upward//gooseneck//chicken wing

STUDENT FIRST KYU (Brown Belt w/4 stripes)

All previous material, plus:

TECHNIQUES

Evasions 1-6

Clubs - Figure 4//4 Direction Throw//Hammerlocks//Arm Lock Choke

For test: add 20 techniques from previous ranks

Free-style - medium speed with one attacker

Randori - medium speed with three attackers

(Brown Belt w/5 stripes)

Knife Attacks from: Uppercut//Overhead Strike (Ice-Pick)//Knife to Back (from back)

(Brown Belt w/6 stripes)

Pre-Test for Junior Black Belt on ALL Techniques

Shintaikido Junior Rank Requirements

JUNIOR BLACK BELT

Black Belts must help with teaching classes

All previous material, plus:

TECHNIQUES

Evasions 1-6

Jugular Notch Takedown (from one hand lapel grab)

Foot to hip throw (from two hand lapel grab) GW

Chest push throw (from two hand shoulder grab)

Zone 1 leg turnover (from front snap)

For test: add 20 techniques from previous ranks

Free-style - medium speed with one attacker

Randori - medium speed with three attackers

JUNIOR 1st DEGREE BLACK BELT

Minimum One year from Junior Black Belt

All previous material, plus:

TECHNIQUES

Evasions 1-6

From back shoulder grabs (w/GW): Bent Arm Bar//Backward Clothesline//Horseshoe Punch//Upward Wrist Lock

Throw Reversals (w/TD & GW): Hip throw//Rooting & Reversals to stop throws: (trips, turning throw, Duck Under Arm Throw, Foot to hip throw, grab knees throw)

For test: add 20 techniques from previous ranks

Free-style - medium speed with one attacker

Randori - medium speed with three attackers

JUNIOR 2nd DEGREE BLACK BELT

Minimum One year from Junior 1st Degree Black Belt

All previous material, plus:

TECHNIQUES

Evasions 1-6

Clubs - Extension Throw//Spinning Throw//Roll Down to Arm Bar//Backslash Attack

Knife Attacks from: Knife to Throat (from back)//Knife to Stomach (from back)//Angled attacks

EMPTY HAND KATA

For test: add 20 techniques from previous ranks

Free-style - medium speed with one attacker

Randori - medium speed with three attackers

Shintaikido Junior Rank Requirements

STUDENT SHODAN (1st Degree Black Belt)

(Candidate must be at least 15 years old)

To be considered for this rank, you MUST first pass a Pre-Test on ALL material in this book.

Pre-Testing may be repeated after three months.

The candidate must show improvement in the application of the principles of Shintaikido while performing all techniques and katas.

The candidate must also help teach at least one class per week.

TECHNIQUES

Any basic technique - judges choice

GRAPPLING

Demonstration

EMPTY HAND KATA

Alone & with attackers

KNIFE ATTACKS

Demonstration of techniques - Empty hand

FREE-STYLE DEMO

With one attacker

RANDORI

Fast speed with three attackers

Shintaikido Empty Hand Kata

Bow, Hand Salute, normal position. Middle fingers to hip points (gall bladder 30).

1. RF back to 45 ma. LH - dong sau (“eek-a -mouse”)
2. RH punch - LH punch (other hand to upper arm point) - shift ma
3. RH - three whips. shift ma
4. LH grab right arm, RH grab behind head.
5. Right knee to head, pivot & do rotary throw to 4:30. Left knee to head during throw.
6. End up in left front cover to 4:30 (back foot points to 4:30). Right shadow kick to 4:30.
7. Snap head to 9:00. Spinning throw (throw attacker to 4:30) - move toward 9:00 (hanmi)
8. Right “backwards” forward roll to 3:00 (hanmi)
9. Uke overhead strike from 4:30, step to left off line (hanmi) & catch with LH - RH kenpo punch to ribs while RF, LF steps through (2-step) toward 4:30 . Show upward wrist lock.
10. Takedown with RF, LF (2-step), RF back toward 9:00. (cover)
11. Right instep break elbow, step over to 1:30
12. Step in LF (1:30 boxer stance) & L jab, R cross, L hook, R uppercut, RH grab head & L roundhouse elbow to head.
13. Toward 1:30 - Step in RF, R uppercut elbow to chin, R downward elbow to chest, Grab shoulders, shuffle up & R knee to chest - to right front cover.
14. Toward 1:30 - LF kick to SP, step back with LF. (L cover)
15. Snap head left to 6:00, two-step RF-LF to hanmi (face 6:00) - survey left, then right.
16. Turn right heel back to 6:00, spin counterclockwise to feet together (LF to RF), Bow
17. Hand Salute, Normal Position, bow & back off mat.

Shintaikido Empty Hand Kata

With Three Attackers

Three Attackers

All hand salute to panel & to Defender.

All attackers take places & go to appropriate stances.

ATTACKER 1

Right lunge punch

Roll to flat on back

ATTACKER 2

Left roundhouse punch
Roll to 4:30 & come up

Right overhead strike from 4:30

ATTACKER 3

Attempt two hand grab to shoulders

Fall on back

Stand & hand salute defender on command

Get behind defender
& Hand salute to panel on command

Bow & back off mat.

Defender (Kata side)

Call hand salute to panel, turn & salute to attackers
Turn to front.

Middle fingers to hip points (gall bladder 30).

1. RF back to 45 ma. LH - dong sau (“eek-a - mouse”)
2. RH punch - LH punch (other hand to upper arm point) - shift ma
3. RH - three whips. shift ma
4. LH grab right arm, RH grab behind head.
5. Right knee to head, pivot & do rotary throw to 4:30. Left knee to head during throw.
6. End up in left front cover to 4:30 (back foot points to 4:30). Right shadow kick to 4:30.
7. Snap head to 9:00. Spinning throw (throw attacker to 4:30) - move toward 9:00 (hanmi)
8. Right “backwards” forward roll to 3:00 (hanmi)
9. Uke overhead strike from 4:30, step to left off line (hanmi) & catch with LH - RH kenpo punch to ribs while RF, LF steps through (2-step) toward 4:30 . Show upward wrist lock.
10. Takedown with RF, LF (2-step), RF back toward 9:00. (cover)
11. Right instep break elbow, step over to 1:30
12. Step in LF (1:30 boxer stance) & L jab, R cross, L hook, R uppercut, RH grab head & L roundhouse elbow to head.
13. Toward 1:30 - Step in RF, R uppercut elbow to chin, R downward elbow to chest, Grab shoulders, shuffle up & R knee to chest - to right front cover.
14. Toward 1:30 - LF kick to SP, step back with LF. (L cover)
15. Snap head left to 6:00, two-step RF-LF to hanmi (face 6:00) - survey left, then right. Call attackers up. RF to LF and hand salute to attackers
16. RF to 6:00, turn right heel back to 6:00, spin counter-clockwise, feet together (LF to RF), bow
17. Call hand salute to panel

Bow & back off mat.

