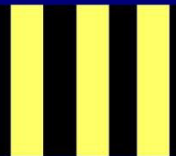


ASHIGARU-RYU BELT-MANUAL

足輕流



足輕流



3RD DAN

Rank:

*3rd Dan Black III Ashigaru-Ryu Karate

First Part:

*Technical part from the entire system of Kihon and Kata, armed and unarmed on request. Also the participant must be able to teach lessons and seminars.

Second Part:

*Sparring and Kumite drills with at least five different weapons:


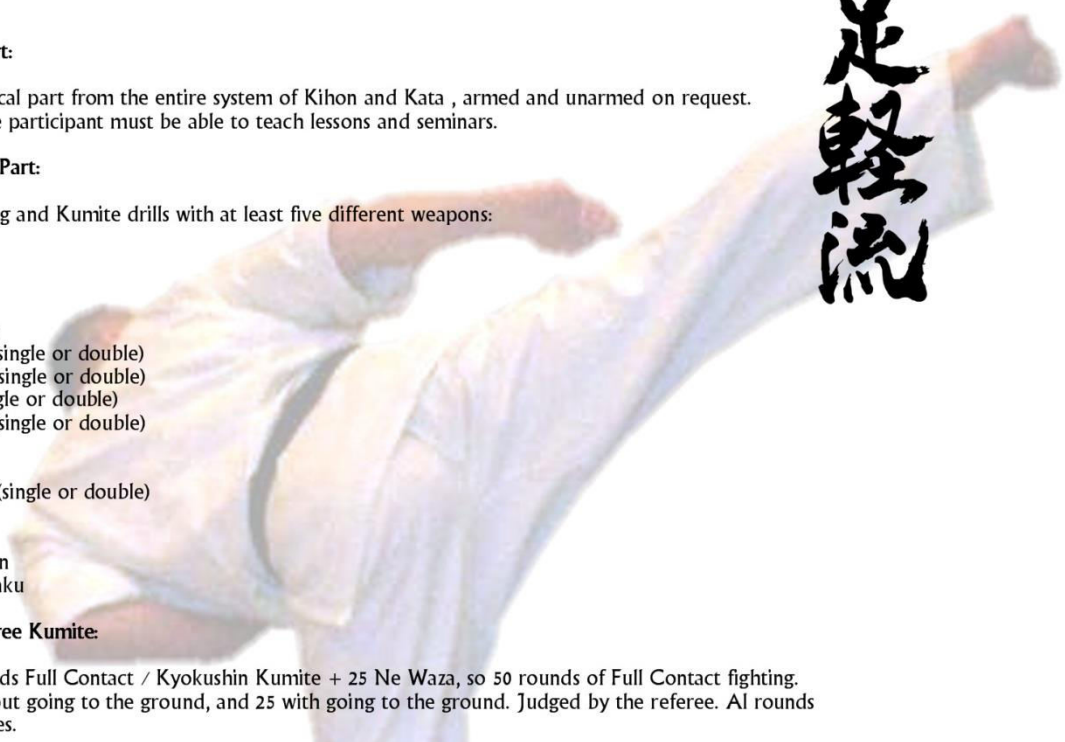
Choice:

- Bo
- Bokken
- Kama (single or double)
- Tanto (single or double)
- Sai (single or double)
- Tonfa (single or double)
- Eku
- Yari
- Tanbo (single or double)
- Jo
- Tinbe
- Kobutan
- Nunchaku

Part Three Kumite:

25 Rounds Full Contact / Kyokushin Kumite + 25 Ne Waza, so 50 rounds of Full Contact fighting. 25 without going to the ground, and 25 with going to the ground. Judged by the referee. All rounds 2 minutes.

足輕流



ASHIGARU-RYU SYSTEM

*Ashigaru-Ryu originated from the Martial Arts: Okinawa Kenpo, Goju Ryu Karate, Shidokan Karate, Kyokushinkai Karate, Jujutsu, Kobujutsu and Kickboxing. It uses the best techniques with the main goal of selfdefense. Ashigaru-Ryu stays loyal to the traditional way of Karate, but is also open for new and modern ways of training and fighting. There is nothing new to create, the traditional way has everything that is to be known.

ASHIGARU-RYU
Osu

