



# WILLIAMS SCHOOL OF GOJU RYU















## CURRICULUM



The following is the general curriculum that a karateka can anticipate over the course of their training. There are two different, yet similar, paths...one for adults and one for youths. Understand that this curriculum is not set in stone and that depending on the karateka, Sensei Williams may alter the curriculum.

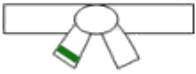




















**\* Note!** Times listed here are estimates only. Every karateka advances at his or her own pace. Some students will take longer than others to learn and maintain the materials. Sensei Williams has the final decision of whether to test a karateka.


### Adults

<u>Months</u>	<u>Years</u>	<u>Rank</u>	<u>Belt</u>	<u>Material</u>
<b>Total*</b> 3	<b>Total*</b>	Kukyu		<b>Kihon</b> Punches, Kicks, Strikes, Blocks, Combinations
6		Hachikyu		<b>Kihon Ido</b> Sanchin Dachi Seiken Zuke, Sanchin Dachi Seiken Zuke Mae Geri, Punch Kick, Shiko Dachi San & Shi, Goshin Jitsu Ichi & Ni (Self Defense), Bunkai
9		Shichikyu		Zenkutsu Dachi Mae Hiji Ate, Shiko Dachi Cuejudo Seiken Zuke Chudan, Empi Ha; Kata Taikyoku Jodan, Chudan, Gedan, Empi Go, Bunkai, Taikvoku Renzoku Bunkai
12	1	Rokukyu		Ginchoi, Taikyoku Mawashi Uke, Gekisai Dai Ichi, Taikyoku Kake Uke, Gekisai Dai Ni, Bunkai
15		Gokyu		Gesaku Sho, Sanchin, Bunkai, Gekisai Renzoku Bunkai
18		Yonkyu		Saifa, Gesaku Dai, Bunkai
21		Sankyu		Seiyunchin, Bunkai, Saifa Renzoku Bunkai
24	2	Nikyu		Sanseiru, Bunkai, Seiyuchin Renzoku Bunkai
27		Ikkyu		Tensho, Bunkai
30		Shodan-Ho		Seisan, Bunkai
36	3	Shodan		Bo Kata, Bo-Sai Bunkai, Seisan Renzoku Bunkai
60	5	Nidan		Shisochin, Bunkai, Bo Renzoku Bunkai
96	8	Sandan		Sepai, Bunkai
144	12	Yondan		Kururunfa, Suparenpai

### Youth

<u>Months</u>	<u>Years</u>	<u>Rank</u>	<u>Belt</u>	<u>Material</u>
<b>Total*</b>	<b>Total*</b>			

3		Jukukyu		<b>Kihon</b> Punches, Kicks, Strikes, Blocks, Combinations
6		Juhachikyu		Sanchin Dach Seiken Zuke, Sanchin Dach Seiken Zuke Mae Geri and Shiko Dach San
9		Jushichikyu		Shiko Dach Shi, Zenkutsu Dach Mae Hiji Ate, Shiko Dach Cuejudo Seiken Zuke Chudan, Empi-Ha
12	1	Jurokukyu		Taikyoku Jodan, Taikyoku Chudan, Taikyoku Gedan
15		Jugokyu		Taikyoku Empi-Go, Ginchoi
18		Jushikyu		Taikyoku Mawashi Uke, Gekisai Dai Ichi
21		Jusankyu		Taikyoku Kaki Uke, Gekisai Dai Ni
24	2	Junikyu		Sanchin, Goshin Jitsu Ichi (Self Defense Set 1)
27		Juichikyu		Gesaku-Sho, Goshin Jitsu Ni (Self Defense Set 2)
30		Jukyu Junior Black Belt		Gesaku-Dai, Saifa
36	3	Kukyu		<b>BUNKAI</b> Sanchin Dach Seiken Zuke, Sanchin Dach Seiken Zuke Mae Geri, Shiko Dach San, Shiko Dach Shi, Zenkutsu Dach Mae Hiji Ate, Shiko Dach Cuejudo Seiken Zuke Chudan, Empi-Ha, Taikyoku Jodan, Taikyoku Chudan, Taikyoku Gedan, Taikyoku Empi-Go
39		Hachikyu		<b>BUNKAI</b> Ginchoi, Geki Sai Dai Ichi, Taikyoku Mawashi Uke, Taikyoku Kaki Uke, Geki Sai Dai Ni
42		Shichikyu		<b>BUNKAI</b> Taikyoku Renzoku Bunkai, Gekisai Renzoku Bunkai
45		Rokukyu		<b>BUNKAI</b> Gesaku-Sho, Sanchin
48	4	Gokyu		<b>BUNKAI</b> Gesaku-Dai, Kihon Ichi, Kihon Ni
51		Yonkyu		<b>BUNKAI</b> Saifa, Kihon San, Kihon Yon
54		Sankyu		<b>KATA AND BUNKAI</b> Seiyunchin, Saifa Renzoku Bunkai
57		Nikyu		<b>KATA AND BUNKAI</b> Sanseiru, Seiyuchin Renzoku Bunkai
60	5	Ichikkyu		<b>KATA AND BUNKAI</b> Tensho
63		Shodan-Ho		<b>KATA AND BUNKAI</b> Seisan
69	6.75	Shodan		Bo Kata, Bo-Sai Bunkai, Seisan Renzoku Bunkai

93	8.75	Nidan		Shisochin, Bunkai, Bo Renzoku Bunkai
129	11.75	Sandan		Sepai, Bunkai
177	15.75	Yondan		Kururunfa, Suparenpai