

# International Shinkendo Federation (ISF) Syllabus

Last Revision: 2006

Shinkendo uses classical ranking and does not have colored belts, except for black.	Students must be at least 16 years of age to participate in sparring with a boken (wooden sword) and in test cutting with a live blade.	The ISF Hombu (Headquarters) Dojo in Los Angeles, CA, sets the requirements for ranking and reserves the right to update the syllabus as needed. The ISF Soké (President) will observe testing for Black Belt levels.
Rank	Requirement	Short Description of Exercise
Ichimonji	<b>1. Suburi</b>	<b>Swinging exercises (with boken)</b>
	Goho-no-Kamae (basic kamae)	Sequence of sword setup positions - 5 holds
	Ichi no Tachi	Shuffle forward with straight cut
	Ichi no Tachi Kesa	Shuffle forward with diagonal cut
	Ichi no Tachi Zen-go	Step 4 forward, step 4 back with straight cut
	Ichi no Tachi Zen-go Kesa	Step 4 forward, step 4 back with diagonal cut
	<b>2. Tanrengata</b>	<b>Formal kata (with boken)</b>
	Happo giri (basic)	Eight-cut sequence, various cuts
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken)</b>
	Goho batto ho Kihon-ichi (basic)	Five ways to draw the sword, with stop points
	<b>4. Tachiuchi</b>	<b>Controlled sparring (with boken)</b>
Rokudo 1-2-3-4	Mirror image without contact, 4 steps forward & back	
Ippon Dachi 1-2-3	Single attack and defense, alternating roles	
Jiho	<b>1. Suburi</b>	<b>Swinging exercises (with boken)</b>
	Happo-no-Kamae (advanced kamae)	Sequence of sword setup positions - 8 holds
	Ichimonji Suburi	Pivot, step and cut (straight and diagonal cuts)
	<b>2. Tanrengata</b>	<b>Formal kata (with boken)</b>
	Happo giri Ura (advanced)	Eight-cut sequence with 180-deg pivots
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken or iaito)</b>
	Goho batto ho Kihon-ni (advanced)	Five ways to draw the sword, with fluid moves
	<b>4. Tachiuchi</b>	<b>Controlled sparring (with boken)</b>
Rokudo 5-6	In-place contact, overhead strike and block	
Ippon Dachi 4-5-6-7	Single attack and defense, alternating roles	
Santen	<b>1. Suburi</b>	<b>Swinging exercises (with boken)</b>
	Shiho Suburi	Four-direction cutting (straight and diagonal cuts)
	Juji-Tombo	Four-direction cutting with diagonal moves
	<b>2. Tanrengata</b>	<b>Formal kata (with boken)</b>
	Shoden no kata	10-step sequence with kneeling defense
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken or iaito)</b>
	Goho batto ho Santen	Advanced Batto ho with two added cuts
<b>4. Tachiuchi</b>	<b>Controlled sparring (with boken)</b>	
Juppon Dachi	Sequence of 10 attacks, no alternating roles	
Uchi-tsuki Kihon	360-deg box pattern, 3 attacks per side (basic)	
Shiho	<b>1. Suburi</b>	<b>Swinging exercises (with boken)</b>
	Ogi	Six-cut sequence in fan shape on the diagonals
	<b>2. Tanrengata</b>	<b>Formal kata (with boken)</b>
	Kagami-ishi Usen	10-step pivoting sequence, clockwise
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken or iaito)</b>
	Goho batto ho Shiho	Advanced Batto ho, with four-direction cutting
	<b>4. Tachiuchi</b>	<b>Controlled sparring (with boken)</b>
Uchi-tsuki Jokyu	360-deg box pattern, 3 attacks per side (advanced)	
Ryu Sui	Sequence of 12 attacks, no alternating roles	
<b>5. Tameshigiri</b>	<b>Test cutting (with live blade)</b>	
Shizan Ichi 1-2-3-4-5-6-7-8	Single downward diagonal cut, various setups	
Kirigami	<b>1. Suburi</b>	<b>Swinging exercises (with boken)</b>
	Nami	Cutting on the front diagonals, fluid sequence
	Nami-gaeshi	Cutting on all four diagonals, fluid sequence
	<b>2. Tanrengata</b>	<b>Formal kata (with boken)</b>
	Kagami-ishi Sasen	10-step pivoting sequence, counter-clockwise
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken or iaito)</b>
	Goho batto ho Shiho Ura	Advanced Batto ho, 4-directions, first cut to the rear
	<b>4. Tachiuchi</b>	<b>Controlled sparring (with boken)</b>
Isonami	Sequence of 16 attacks, with alternating roles	
<b>5. Tameshigiri</b>	<b>Test cutting (with live blade)</b>	
Shizan Ni 1-2-3-4-5-6-7-8	Rising diagonal cut, side cut, two-cut combinations	

Rank	Requirement	Short Description of Exercise
Goho	<b>1. Suburi</b>	<b>Swinging exercises (with boken)</b>
	same as previous	
	<b>2. Tanrenkata</b>	<b>Formal kata (with boken)</b>
	Chuden Sei	12-step pivoting sequence, with blocks
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken or iaito)</b>
	Goho batto ho Makiuchi I	Batto ho sequence with blocking (basic)
	Goho batto ho Makiuchi II	Batto ho sequence with blocking (advanced)
	<b>4. Tachiuchi</b>	<b>Controlled sparring (with boken)</b>
	same as previous	
	<b>5. Tameshigiri</b>	<b>Test cutting (with live blade)</b>
Shizan San (optional)	Two-cut combinations, various	
Shizan Shi	Wearing scabbard - Batto ho Basic and Advanced	
Goho-Mokuroku	<b>1. Suburi</b>	<b>Swinging exercises (with boken)</b>
	same as previous	
	<b>2. Tanrenkata</b>	<b>Formal kata (with boken)</b>
	Chuden Do	12-step pivoting sequence, move on the diagonals
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken or iaito)</b>
	Goho batto ho Hangetsu	Advanced Batto ho, with 180-deg reversing pivots
	Goho batto ho Mangetsu	Advanced Batto ho, with 180-deg continuous pivots
	<b>4. Tachiuchi</b>	<b>Controlled sparring (with boken)</b>
	same as previous	
	<b>5. Tameshigiri</b>	<b>Test cutting (with live blade)</b>
Shizan Shi	Wearing scabbard - Batto ho Santen	
Hyaku-e	<b>2. Tanrenkata</b>	<b>Formal kata (with boken)</b>
	Jugo	Sequence with 15 cuts, all to the front
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken or iaito)</b>
	Hangetsu-gaeshi	Hangetsu sequence followed by Mangetsu
	Goho batto ho Henka (Goshiki)	Advanced Batto ho, with continuous draws
	<b>Other testing as directed</b>	
Ren-e	<b>2. Tanrenkata</b>	<b>Formal kata (with boken)</b>
	Jugo Shiho	Sequence with 15 cuts, in four directions
	<b>3. Batto ho</b>	<b>Draw and cut exercises (with boken or iaito)</b>
	Mangetsu-gaeshi	Mangetsu sequence followed by Hangetsu
	<b>Other testing as directed</b>	
Ji-e	<b>2. Tanrenkata</b>	<b>Formal kata (with boken)</b>
	Goho Hoen	30-step sequence, in four directions
	<b>Other testing as directed</b>	
Toku-e	<b>Testing as directed</b>	
Shin-e	<b>Testing as directed</b>	
Sei-e	<b>Testing as directed</b>	