



## ADULT CURRICULUM

RANK	KATA COMBINATIONS	KATA (FORMS)	SELF DEFENSE	OTHER
MINIMUM TIME TO RANK				
<b>NICK CERIO'S KENPO - BEGINNER RANKS -- WHITE -- YELLOW -- ORANGE</b>				
<b>WHITE</b> 1 Day	N/A	N/A	N/A	N/A
<b>YELLOW</b> 4 Months (16 hours of class time) (HachiKyu)	Kata Combo #1	Blocking Form 1 Blocking Form 2	Checking the Storm Battering Ram Downward Hammer	Dojo Etiquette Stances How to Tie Belt
<b>ORANGE</b> 8 Months (32 hours of class time) (NanaKyu)	Kata Combo #2 Kata Combo #3 Kata Combo #4	Pinan 1 Palama Set 1	Buckling Branch Hammering Vice Wrist Grab #10	Principles of Conduct Names of Masters & Instructors
<b>NICK CERIO'S KENPO - INTERMEDIATE RANKS -- PURPLE -- BLUE -- GREEN</b>				
<b>PURPLE</b> 12 Months (48 hours of class time) (RokuKyu)	Kata Combo #5 Kata Combo #6	Pinan 2 Palama Set 2 (**)	Menacing Twirl Fleeing Snake Rotating Destruction A	Shoulder Rolls Break Falls
<b>BLUE</b> 1 year 4 months (64 hours of class time) (GoKyu)	Kata Combo #7 Kata Combo #8	Pinan 3 Palama Set 3 (**)	Bending Tree Circling Arm Bar ~ Rotating Destruction B Sweeping Tiger	Grappling Intro Sparring
<b>GREEN</b> 1 year 10 months (80 hours of class time) (YonKyu)	Kata Combo #9 Kata Combo #10 Kata Combo #11 Kata Combo #12	Cat 1 Kata 6 (**)	Pressing Palms Tornado Dance of Death Haki Dori Twisting Branch	
<b>NICK CERIO'S KENPO - ADVANCED RANKS -- BROWN</b>				
<b>BROWN 3RD KYU</b> (SANKYU) 2 years 4 months (112 hours of class time)	Kata Combo #13 Kata Combo #14 Kata Combo #15 Kata Combo #16	Cat 2	Rotating Ram Praying Mantis Kick Three Swords Sword of Destruction Circling Sword ~ Spinning Sword	
<b>BROWN 2ND KYU</b> (NIKKYU) 3 years (144 hours of class time)	Kata Combo #17 Kata Combo #18 Kata Combo #19 Kata Combo #20	Cat 3	Tigers Mouth Ripping Panther Helping Hand Returning Sword Driving Ram Cyclone	
<b>BROWN 1ST KYU</b> (IKKYU) 3 years 10 months (184 hours of class time)		Circle of the Tiger	Spinning Crane Mountain Cat Circling Snake Tiger Whips its Tail Raging Bull Pressing Vice	Bo: Shu Shi No Kon Sho Books: Meditations on Violence- Rory Miller
<b>NICK CERIO'S KENPO - EXPERT RANKS -- BLACK</b>				
<b>BLACK</b> 1ST DEGREE (SHODAN) 5 years (240 hours of class time) minimum age 16	Statute of the Crane  <b>Defense against Weapons - Clubs, Knives, Guns</b>  Club Grab from Behind Overhead Club Double Swing Club Back Hand Club Wide Swinging Club  Stabbing Knife #1 Stabbing Knife #2 Back Slashing Knife Overhead Knife Stabbing Knife #3  Gun to side of Head Gun from behind Low Gun from behind High Gun to Belly #1 Gun to Belly #2			Books: The Way of Kata- Kane & Wilder

Blocking Form 3

Blocking Form 4

Blocking Form 5

<b>BLACK</b> <b>2ND DEGREE</b> <b>(NIJUN DAN)</b> 7 years of study minimum age 20	Lin Wan Kun  With this rank - the title of Sensei 'CAN' apply. All Sensei Candidates must reach this rank to achieve said title. They must also go through the Sensei Training Program (as outlined)	Evading the Storm Conquering Shield Twirling Sacrifice Slow Dance Lefty Combo Tigers Throat	Bo: Cerio No Kon Sho  Books: Sharpening the Warriors Edge- Bruce Siddle
<b>BLACK</b> <b>3RD DEGREE</b> <b>(SANDAN)</b> 10 years of study minimum age 24	Circle of the Leopard  Circle of the Panther	Boston Crab Double Elbows Deflecting the Hammer Snapping Twig Hansuki One Capturing Twig	Kama: Kane Gawa No Ni Cho Gama Bo: Cerio No Kon Dai  Books: TBD (ask Sensei for book list)
<b>BLACK</b> <b>4TH DEGREE</b> <b>(YONDAN)</b> 14 years of study minimum age 29	Hansuki	Tigers Claw Pilou-1 Clutching Snake Shifting Ram A & B Tashi #1 & #2 Double Phoenix -- ThunderBolt	Sai: Matsu Higa No Sai Tonfa: Hama Higa No Tonfa  Books: TBD (ask Sensei for book list)
<b>BLACK</b> <b>5TH DEGREE</b> <b>(GODAN)</b> 19 years of study minimum age 35	Tital Shihan (Master/and Teacher of Teachers). To achieve this title and rank - you MUST be a dedicated martial artist and loyal student This rank really has nothing to do with your ability as a martial artist (although that is PART of it) It is more about what you have given back to the school and those students around you. Humility, Character, and Inspiration play a much MORE important role with this rank and title. To achieve this rank you MUST have taught a student to Sensei		
<b>BLACK</b> <b>6TH DEGREE</b> <b>(ROKUDAN)</b> 25 years of study minimum age 40	This rank is based on your ability to give back to the arts. Books written, schools created, students running their own schools, ect...		
<b>BLACK</b> <b>7TH DEGREE</b> <b>(SEICHIDAN)</b> 30 years of study minimum age 45	This rank is based on your ability to give back to the arts. Books written, schools created, students running their own schools, ect...		
<b>BLACK</b> <b>8TH DEGREE</b> <b>(HACHIDAN)</b> 35 years of study minimum age 50	This rank is based on your ability to give back to the arts. Books written, schools created, students running their own schools, ect...		
<b>BLACK</b> <b>9TH DEGREE</b> <b>(KUDAN)</b> 40 years of study minimum age 55	This rank is based on your ability to give back to the arts. Books written, schools created, students running their own schools, ect...  Title - Professor		
<b>BLACK</b> <b>10TH DEGREE</b> <b>(JUDAN)</b> 45+ years of study minimum age 60	This rank is reserved for the FOUNDER of a system. In our current system ONLY Nick Cerio holds this prestigious title. The ONLY way to get this title is to be recognized by a group of Grandmaster peers who promote said individual by their contributions to the Martial Arts At that point a new system is formed and the rank is recognized as legitimate and worthy.		