

CORE CURRICULUM SERIES SHOSHIN RYU



REPETITION IS THE FOUNDATION OF ALL SKILL.

REPETITION REPETITION

DAILY • LOCAL DOJO/ HOME/ OUTDOORS

DRILL IT, REFINE IT, DRILL IT, REFINE IT

Average martial artists train until they get it right - Exceptional martial artists train until they can't get it wrong.

Train kata to learn how to move you. Train with your uke to learn how to move with or through your attacker.

10,000 ELITE

1,000 ADVANCED

100 BEGINNER