



KARATEDO DOSHINKAN

空手道 道心館

## SHINSA - Promotion

*In daily social life, we must be humble, and always keep in mind human decency, mutual respect, gratitude, and sincerity.*

KARATEDŌ aims to build a strong and healthy body. Through our techniques and kata, we work to master the most important aspects of Karatedō training. To do this, SHIN-GI-TAI 心-技-体 mind, techniques, and body must be in harmony. Through SHINDŌ 心道, the way of the heart, we are guided to become of greater service to humanity. It is important for each of us to be humble and respectful. To become a great Budōka, practitioners of Karatedō Dōshinkan, whether young or old, must be self-disciplined as they work tirelessly to polish their soul and spirit. A Budōka always takes responsibility for their actions, and confidently moves forward in life with their heart filled with courage and compassion.

Each practitioner has a different reason for being involved in Karatedō. However, over time, it is also important to move in the direction of seeking our own change. For example, the changes of color of the belt are similar to the change of the seasons throughout the year. The key to the importance of practicing Karatedō lies in how humble and serious we can be, and the belt represents the evidence of our efforts in stages. It is important to improve our self-control, including basic techniques, and to be able to generate momentum and spirit in our movements. Always be aware of the harmony between mind, techniques, and the body that forms them.

The awarding of belt grades and titles in Budō is an outer acknowledgment of inner growth and change on many levels. This is a complex journey and one that is not easily explained in words alone. Please see the following as a beginning guide towards greater understanding of this important topic.

HANSHI 10.DAN  
MASAKO FUJIMOTO-STOCK

## Intention

### **Black Belt**

We should not forget our initial intentions, and continue to train with social etiquette, respect for one another, gratitude, and a sincere attitude toward those around you. It is also important to clarify the purpose of the practice before starting, and to train with a clear mind. Whenever we are promoted to any level, we should think of it as a new starting point, and work hard to train with a renewed spirit.

### **Renshi**

In addition to the above, it is important to train oneself to be a good example in terms of technique and spirit, and to develop the ability to teach others in the process. At each stage of the training process, we will always try to build a better person through refinement of our methods.

### **Shihan**

Shihan aims for a higher stage of knowledge, mental cultivation and technical improvement in different ways, and to naturally gain the trust and respect of those around, and always try to train and teach with a sense of humility.

### **Shihan 9. Dan and Dōshi are honorary titles in Karatedō Dōshinkan**

A chosen high-degree Shihan and Dōshi who has earned the strong trust from Hanshi, and can be representative of the Dōjō students and other instructors.

*" The red and white belt is an award worn only on special occasions such as summer training, performances (enbukai) or special training. It is awarded exclusively by Hanshi 10th Dan Fujimoto-Stock Masako on an honorary basis to Shihan from 8th Dan."*

## SHINSA - Examination

### SHINSA for black belt (1. – 7. Dan):

- KATA Demonstration            3 to 5 kata which you practiced very well and can perform
- KOBUDŌ Demonstration        1 bō kata + 2 kata of other Kobudō weapon  
(For Shodan SHINSA, there will be one or two demonstrations of bō kata only)
- Conversation

Those who need to be re-assessed can apply (try) again after six months.

### SHINSA for Shihan 7. Dan

Shihan 7. Dan SHINSA can be conducted with the recommendation of Shihan 9. Dan, Dōshi, or Shihan 8. Dan

- KATA Demonstration:            5 to 7 kata which you practiced very well and can perform
- KOBUDŌ Demonstration:        one KATA from each Kobudō weapon (x 5)
- Conversation

### Minimum Training Time Requirements for SHINSA

SHODAN more than one year after obtaining 1 Kyu

NIDAN more than one year after obtaining 1 Dan

SANDAN more than two years after obtaining 2 Dan

YONDAN more than 3 years after obtaining 3 Dan

RENSHI 4 DAN more than 3 years after obtaining 4 Dan

RENSHI 5 DAN more than 4 years after obtaining Renshi 4 Dan

RENSHI 6 DAN more than 5 years after obtaining Renshi 5 Dan

RENSHI 7 DAN more than 6 years after obtaining Renshi 6 Dan

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**Hanshi 10. Dan Fujimoto-Stock Masako, will make promotions both with and without formal examination. (Shinsa)**

Dōjō Leaders may promote up to 1. Kyu with permission from Hanshi.

Dōjō Leaders should report Kyu promotions.

Kyu graduations of American and Mexican Dōjōs should be reported to Shihan 8. Dan Shari Eckoff. (shihanshari@gmail.com)

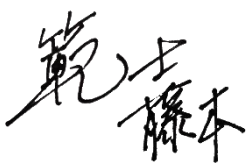
Kyu graduations of European and all other Dōjōs should be reported to Dōshi 9. Dan Shihan Harald Libardi. (harald.libardi@weinobst.at)

**Times / Location:** Summer Training, Special Training in different countries

In Honbu Dōjō Kramsach / Austria **SHINSA** is always possible by appointment.

Please contact the Honbu Dōjō at least one month prior to the event to indicate your preferences as to date, location, and kata. You will then receive a response with all required details.

Honbu Dōjō, April 2022



Hanshi 10. Dan Fujimoto-Stock Masako

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Honbu Dōjō 6233 Kramsach, Wittberg 105, Tyrol, Austria, E-Mail: hanshi.m-fujimoto@aon.at, www.doshinkan-hanshimasako.com  
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