

HOURS & MONTHS GUIDELINE

Beginning students with no prior knowledge of martial arts is a challenge to any instructor and the most difficult to keep their interest as a long time student. Many basic theories, principles, change of normal habits and requirements are thrown their way in order to prepare them for the foundations necessary to correctly grasp the techniques of Jitsu and Shobudo in particular. Therefore, obtaining one's patch (SanKyu) will be most demanding for both student and teacher alike! In each step or grade of learning, student's knowledge will be broken into three (3) levels of performance as follows:

1. **BASIC:** (Introduction & knowledge of or in) a new technique or principle and needs personal one on one attention.
2. **INTERMEDIATE:** (Performance of or in) a technique without supervision, but needs technical assistance from time to time for improvement.
3. **ADVANCED:** (Proficient at or in) a technique without thought or hesitation. Performance is automatic, smooth with timed speed and accurate focused power with fluid graceful movement.

Based upon the above and class instruction of two or three days a week at two hours each or rounded off to (20) hours per month, the below listed hours, months and years are necessary to master the grade requirements in Shobudo. *Understand that these are only general guidelines as individuals learn at different levels and are also based upon attitude, consistency of attendance, working out on one's own and possible prior martial arts experience!* Working out with a small class, with senior Dans and more than three times a week is also a very important element to consider. Making Shodan is possible in less than 18 months without prior experience ... *but it is rare!* Average is between 24 and 30 months. **IMPORTANT:** *Use the below as an average guideline and not as a guaranteed step of progression for promotions!*

Learning Stage				
Hrs needed to make next grade ↴				
GRADE	+	MOS	HRS	HOURS
Yonkyu		6	120	120
Sankyū	← +	8	160	280
Nikyū	← +	8	160	440
Ikkyū	+	10	200	640
Learning & Teaching				
GRADE	+	MOS	HRS	HOURS
Shodan	+	12	240	880
Nidan	+	12	240	1,120
Sandan	+	18	360	1,480
Advanced Learning & Teaching				
GRADE	+	MOS	HRS	YEARS
Yondan	+			3
Godan	+			3
Senior Advanced Teaching				
GRADE	+	MOS	HRS	YEARS
Rokudan	+			4
Shichidan	+			4
Hachidan	+			5

In addition, the following evaluations must also be used:

1. Promotion Requirement Chart: *See Instruction Book.*
2. Instruction Video: If requested
3. Shodan to Kaicho: *See Instruction Book.*
4. Director's Workshop: *See By-Laws, Chapter XIV.*

PERSONAL PERSPECTIVE:

Going over my past years of experience from 1958, I give the following perspective. NOTE: Figures are approximate.

1. 4,500 hours under instructions of Aikido, Judo, Karate & Shobudo. (3,500) have been devoted to Shobudo.
2. 6,000 hours have been devoted to personal teaching.
3. 2,500 hours have been spent on my own analyzing, perfecting, developing and improving Shobudo.

As the history and training requirements of Shobudo have never been written down, the above hours do not include time spend on writing, developing, designing or producing the results that we now have!

Behind the scenes of closed doors and on my own without knowing why I do what I do ... I have given a great deal of my life to Shobudo ... May you benefit from my efforts!



In Budo,

Robert Morton
Director

Shobudo Bujitsu Kai