

Peaceful Warrior Martial Arts Study Guide

How to Study for a Peaceful Warrior Shorin-Ryu Test

As a dojo with direct Okinawan lineage, Peaceful Warrior Martial Arts & Healing Center (PW) has a substantial, traditional Shorin Ryu belt requirement curriculum. In addition, PW incorporates techniques from other styles as an adjunct in order to develop well rounded students.

Since much of the training involves “immersion” within the class environment, having a guide to follow when it comes to learning the art’s history, technical names and applications, etc. can be very helpful. A dojo is, in fact, a “school”. As such, just as with any other school environment, having consistent study habits and methods ensures the best results.

This guide is intended to assist students (and parents) with methods and recommendations for studying for exams within the dojo.

It is recommended students approved for tests as well as parents of younger students read and understand and utilize this.

PRACTICE -

The most obvious method is practicing the test requirements – both in ***AND*** out of the dojo. As with anything else, the effects of practice... or lack thereof... are cumulative.

And while YouTube can be helpful, martial arts ***cannot*** be effectively learned through books or videos. Only with direct interaction.

When a person learns a lesson in any classroom, common sense dictates that what has been learned should be repeated and studied both in class and at home. This is no different.

How much practice is enough? Well, how much does it take to be your very best at anything you do? PW has very high standards and it is expected that students present their very best... at all times, but especially at testing.

PW WEBSITE –

The Peaceful Warrior dojo website is loaded with historical information on the art, its lineage, definitions, etc. Many of the test questions come directly from there. As a traditional

school, it is our responsibility as students to pass along this information to those who come after us.

FLASHCARDS-

Since many of the terms are Japanese/Okinawan, an excellent way to learn is simply by using flashcards.

INSTRUCTORS AND SENIOR STUDENTS –

It is the responsibility of the Sensei and Senpai of the dojo to share their knowledge with up and coming students. Just ask anyone of them for help. They are the ones testing the students, after all.

The performance of those taking the test is a direct reflection of the instructors who taught them. As such, the goal is to make sure that all students pass by doing their very best.

SMALL CHUNKS-

While the overall curriculum is substantial, as with any other large task, the best way to conquer it is in small, manageable chunks.

Final note –

Ultimately, it is the responsibility of the student to put in the necessary effort. Younger students and teenagers may need additional support and “motivation” to come from their parents – especially in times where it may be ebbing.

That is the beauty and long-term value of traditional martial arts – the discipline it instills. Doing what is needed to be done, regardless if the person feels like doing it or not.