

# 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