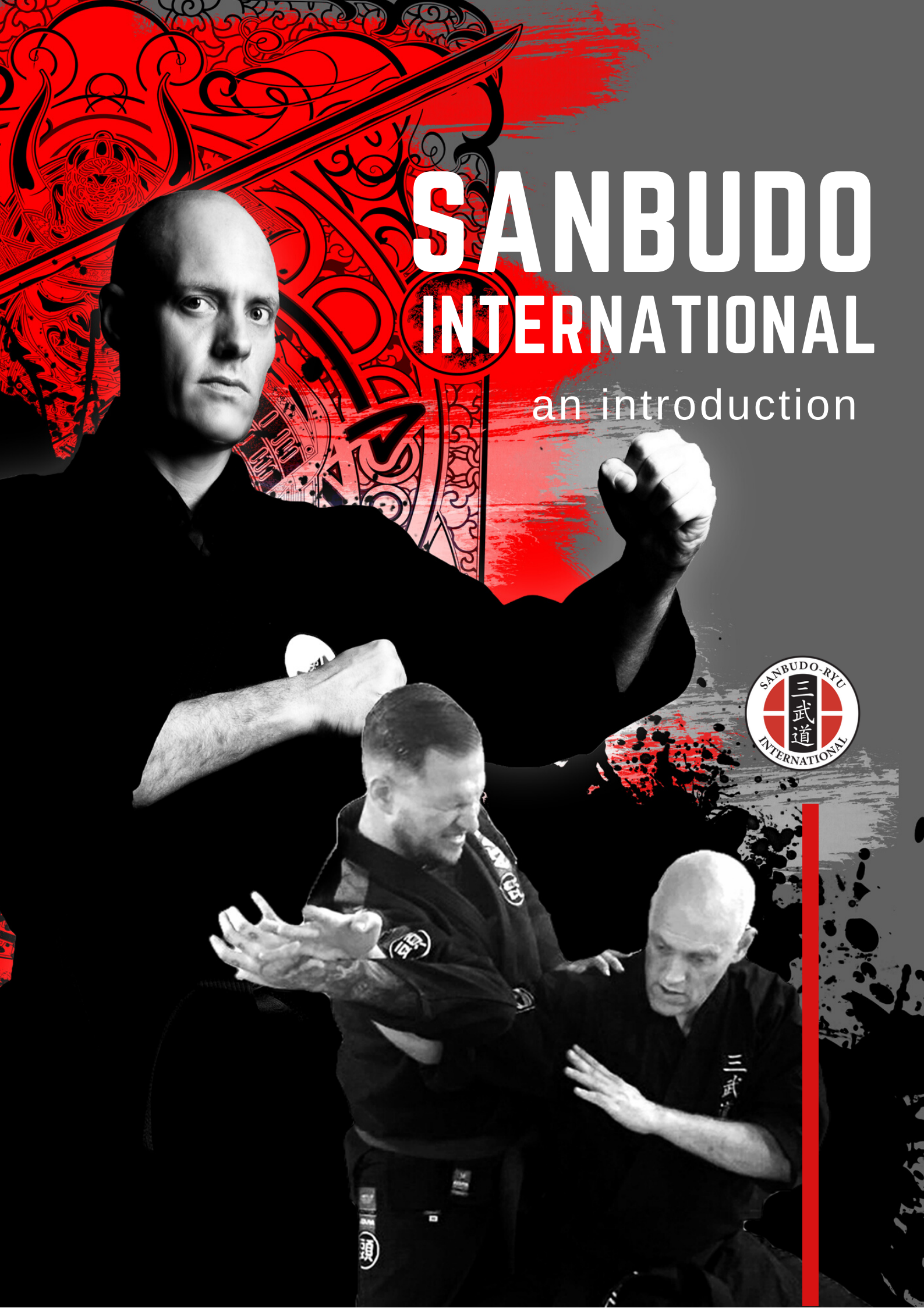


SANBUDO INTERNATIONAL

an introduction





CONTENTS



01	Welcome to SANBUDO INTERNATIONAL
02	SANBUDO briefly explained
03	What is SANBUDO INTERNATIONAL (SI)?
04	What are the benefits of being a member of SANBUDO?
05	How do I become a member of SANBUDO?
06	How do I become a member of SANBUDO as a school/club?
07	Cost
08	Ranks
09	Titles
10	Meetings & Suggestions
11	Contact



WELCOME TO SANBUDO INTERNATIONAL.

1. Welcome to SANBUDO INTERNATIONAL.

If you are interested in learning the SANBUDO system or already training, I am pleased to welcome you as a SANBUDO INTERNATIONAL Member.

My name is Andres Sidler and I am the founder and creator of the SANBUDO system.



Shihan Andres Sidler

Martial arts since childhood.
Creator of SANBUDO-system
President & Founder of SANBUDO INTERNATIONAL
Vice President of W.E.B.B.S
(World Elite Black Belt Society)



Sensei Andi Krieg

SANBUDO since 2003
Vice-President of SANBUDO INTERNATIONAL
Long-time member of the W.E.B.B.S
(World Elite Black Belt Society)



Sensei Martin Rüegg

Long-time student of the Sanbudo school
BJJ & MMA experiences
Thai boxing
Private training & regular trainer at Sanbudo Honbu Dojo

WHAT IS SANBUDO?

2. SANBUDO briefly explained

SANBUDO is a logically structured self-defense system. The style is based on fast, efficient techniques, which instead of incorporating an element of show or any unnecessary movements are instead short and direct. A typical feature of the system is also the simultaneous blocking, evasion and striking.

SANBUDO includes all attack and defense possibilities.

The main techniques used are kicks, punches, leverage techniques, nerve pressure points and throws. However, SANBUDO is not throw-heavy, because if possible the fight is finished at a distance to avoid an infight or ground fight.

SANBUDO is like water, soft and supple in design and hard & efficient in impact. It is important to work softly and without muscle strength in order to achieve an optimal result of the techniques and to save energy.

This is achieved with the right breathing technique and the loose execution of the techniques. With muscle strength, the techniques become sluggish and slow.

The SANBUDO-Katas are predefined self-defense techniques that have been developed for the belt program. Repeating the Kata techniques gives the student a good basis as well as the necessary security and experience for the next steps.

The SANBUDO system is ideal for advanced karatekas, as the kicks as well as the striking techniques are integrated into the SANBUDO techniques.

Have we made you curious? Then stop by one of our schools.

3. What is SANBUDO INTERNATIONAL (SI)?

SANBUDO INTERNATIONAL is the international umbrella organisation of the SANBUDO system. The organisation regulates all matters relating to the system itself, such as:

- Structured training of teachers and students
- Assessment system
- International and National Seminars
- Further training
- Dojo requirements
- Membership
- Management & further development of the TK system



A MEMBER OF SANBUDO



4. What are the benefits of being a member of Sanbudo?

- Clearly defined examination programme
- An organised and purposeful structure of the system
- No unnecessarily bloated organisational structure.
- Seminars at home and abroad become a matter of course.
- Social SANBUDO network
- Globally recognised examinations & rankings
- A high level of techniques

5. How do I become a member of sanbudo?

You need to train in a recognised SANBUDO school or club and become officially registered.

6. How do I become a member of SI as a school/club?

All clubs or schools that seriously deal with Asian martial arts can apply for membership. However, it is a prerequisite that the SANBUDO system is officially offered in schools or clubs. For this purpose, the instructor (Sensei) who teaches the SANBUDO class requires a SANBUDO teaching diploma which is renewed every 2 years. This diploma can be applied for by experienced martial artists from the first Dan rank at SI. The prerequisite for a teacher's diploma is that you study the SANBUDO system and continue your education.

Applications from schools/clubs can be submitted directly to the SI Head Office:

Head Office:
SANBUDO INTERNATIONAL
Sanbudo Honbu Dojo
Shihan Andres Sidler
Jägerweg 23
CH-8640 Rapperswil
Switzerland
Mobile +41 79 438 73 59
shihan@sanbudoryu.ch
www.sanbudoryu.com



RANKS



7. Costs (Prices subject to change)

Membership in SANBUDO INTERNATIONAL is generally free of charge.

Costs for seminars & courses depending on offer Continuing education courses for SANBUDO teachers free of charge.

Fees of Colour belt examinations, country specific
Fees of Dan examinations, country specific

8. Ranks

The following is the SI examination system:

Rank	Belt Colour	How to achieve
7th Kyu	white	Beginners
6th Kyu	yellow	Examination
5th Kyu	orange	Examination
4th Kyu	green	Examination
3rd Kyu	blue	Examination
2nd Kyu	purple	Examination
1st Kyu	brown	Examination
Sho Dan Ho	black / white	Examination
1st Dan	black	Examination
2nd Dan	black	Examination
3rd Dan	black	Examination
4th Dan	red/black	Examination/award
5th Dan	red/black	Examination/award.
6th Dan	red/white	Examination/award
7th Dan	red/white	Award
8th Dan	red/ white bordered	Award
9th Dan	red	Award
10th Dan	red/ centre gold stripe	Award



TITLES

9. Titles

You can't buy titles in SI, you have to earn them.

We have the following titles:

•Sensei	1st – 3rd Dan
•Renshi	4th – 5th Dan
•Kyōshi	6th – 7th Dan
•Hanshi	8th – 10th Dan
•Shihan	Chief Instructor
• Soke	Style/Association Founder/ Head

A title is awarded as follows:

- Sensei (Teacher) – By participating in various regional and national seminars, the title of Sensei can be obtained.
- Renshi (Certified Expert) – Through organisational tasks on national & European terrain
- Kyōshi (Deputy Professor) – Through work on international terrain. Leads to the spread of martial arts and SANBUDO INTERNATIONAL.
- Hanshi (Professor)– Through work for martial arts and the SI. It requires an international presence.
- Shihan (Chief Instructor) – There will be only one shihan per section in SANBUDO. This person is appointed directly by the founder. Minimum requirement = 5th Dan.
- Soke (style /association founder /association head) – There is only one Soke in charge of a style. Only the Soke can appoint his successor.

Note: The degree alone does not entitle the holder to bear a title.

10. Meetings & Suggestions

The SANBUDO schools or clubs can submit suggestions and ideas that promote to expand the quality of SI.

Individual meetings with the members can be arranged by the SI. A club leader meeting can be convened by SI if necessary.

Since the SI is not a public body, members' suggestions are seriously processed and examined, but only implemented according to benefit & need.

SI is very grateful for new, useful suggestions to make SANBUDO INTERNATIONAL more interesting and professional.





CONTACT

Head Office:

SANBUDO INTERNATIONAL
Sanbudo Honbu Dojo Shihan
Andres Sidler Jägerweg 23
8640 Rapperswil
SWITZERLAND

shihan@sanbudoryu.ch
www.sanbudoryu.com

TEL: +41 79 438 73 59
