

**Kiado-Ryu Curriculum
Basic Sets, Katas, Principles**

Hands Sets	
	Blocking Set 1
	Blocking Set 2
	Parry Set 1
	Parry Set 2
	Palm Check Set
	Striking Hand Set
	Fighting Hand Set
	Street Hand Set
	Counter Hand Set
	Finger Set
	Core Check Set
Kicking Sets	
	Kicking Set 1
	Kicking Set 2
	Kicking Set 3
Katas	
	Short Form One
	INSTITUTE FORMS
	1
	2
	3
	4 - Technique Set
	5 - Takedown Set
	6 - Break Set
	7 - Palm Set
	8
	9
	10 - Core Set
Weapons Sets	
	Bo Set 1
	Cane Set 1
	Street Cane
Personal Katas	
	Personal Kata 1
	Personal Kata 2

Kiado-Ryu Passages & Principles
(Memorize These)
<p>Your life, your responsibility. Preparation is the key to success. The road to success is paved with failure. There can be no excellence without effort. Balance is primary. Concentration is the first key. Character must precede prowess. Grown ups--own up. Strength is the ability to endure. Arrogance is the highest form of weakness; Humility is the highest form of strength. Doing it right is the right thing to do. True power flows not shows. Everything returns to center. A Black Belt without humility is like a well without water. Concentration coalesces. Not to but through. Peace at any price is not peace, it is slavery. The essential thing is not excessive speed, it is perfect speed. The way out is in. Maximize the minimum. Rank does not make the man. The man makes the rank. Regarding rank, the KIA viewpoint is that all souls are the same. We compete to test our skill, not expand our ego. The gift of competition is not truth, it is experience. No integrity, no substance. Control is the mark of a master. Character is more important than victory. It is nothing to begin, it is everything to finish. Need before greed. Integrity before wealth. Principle before pleasure. To become everything you first must become nothing. Progress is based on performance, not time in grade or money paid. Diamonds are made under extreme heat and pressure over an extended period of time; not by a mere and casual blowing of an intermittent wind.</p>