

# Shitoryu Karate Do



## Kyu & Dan Syllabuses

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# Shitoryu Karate Do Syllabus

## 9th Kyu (White belt, black stripe) Time Requirement, 3 months

### Tachi Kata (Stances)

- Heisoku Dachi
- Musubi Dachi
- Heiko Dachi
- Hachiji Dachi
- Moto Dachi
- Zenkutsu Dachi

### Kihon (Basics)

- **Heiko Dachi & Hachiji Dachi**
  - Chudan Zuki
  - Jodan Zuki
  - Gedan Barai
  - Chudan Yoko Uke
  - Yoko Uchi Uke
  - Jodan Age Uke
- **Heisoku Dachi**
  - Mae Geri
- **Moto Dachi & Zenkutsu Dachi**
  - Mae te Zuki
  - Gyaku Zuki
  - Jodan Zuki
  - Gedan Barai
  - Chudan Yoko Uke
  - Yoko Uchi Uke
  - Jodan Age Uke
  - Ushiro Ashi Mae Geri

### Ido Kihon (Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi**
  - Oi Zuki
  - Gedan Barai
  - Yoko Uke
  - Chudan Uchi Uke
  - Age Uke

### Ashi Sabaki (Footwork), (Tempo Hassoku)

- Ayumi Ashi (Stepping)
- Mawari Ashi (Turning)

### Kata (Form)

- Shiho Uke
- Juni No Kata



# Shitoryu Karate Do Syllabus

## 8th Kyu (Yellow belt) Time Requirement, 3 months

### Tachi Kata (Stances)

- Shiko Dachi
- Neko Ashi Dachi

### Kihon (Basics)

- **Moto Dachi**
  - Jodan Shuto Uchi
  - Shuto Yoko Uchi
- **Moto Dachi**
  - Mae Geri
- **Hachiji Dachi**
  - Uraken Uchi
  - Uraken Yoko Uchi
  - Hiji Yoko Uchi
  - Ushiro Hiji Ate
  - Mae Hiji Ate
  - Kentsui Uchi
- **Shiko Dachi**
  - Chudan Zuki
  - Jodan Zuki
  - Nido Zuki
  - Hiji Otoshi Ate
  - Chudan Hiji Ate
  - Gedan Barai (to the sides)
  - Shuto Gedan Barai (to the sides)

### Ido Kihon (Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi** (Moving Forward)
  - Oi Zuki
  - Oi Gyaku Zuki
  - Oi Mae Geri (Jun Mae Geri)
- **Moto Dachi & Zenkutsu Dachi** (Moving Forward & Backward & Backward in 45 degree)
  - Gedan Barai
  - Yoko Uke
  - Chudan Uchi Uke
  - Age Uke
- **Shiko Dachi** (Moving Forward & Backward & Backward in 45 degree)
  - Gedan Barai
  - Chudan Uchi Uke
  - Shuto Gedan Barai

### Renzoku Kihon (Combination Techniques)

- **Moto Dachi & Zenkutsu Dachi**
  - Mae te Zuki, Gyaku Zuki
  - Gedan Barai, Gyaku Zuki
  - Yoko Uke, Gyaku Zuki
  - Chudan Uchi Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki



# Shitoryu Karate Do Syllabus

## 8th Kyu (Yellow belt) Continue...

### Renzoku Ido Kihon (Combination Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi**
  - Gedan Barai, Gyaku Zuki
  - Yoko Uke, Gyaku Zuki
  - Chudan Uchi Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki
- **Moto Dachi & Zenkutsu Dachi** (Moving Forward & Backward & Backward in 45 degree)
  - Gedan Barai, Gyaku Zuki
  - Yoko Uke, Gyaku Zuki
  - Chudan Uchi Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki
- **Shiko Dachi**
  - Gedan Barai, switch to Zenkutsu Dachi and execute Gyaku Zuki
  - Chudan Yoko Uke, switch to Zenkutsu Dachi and execute Gyaku Zuki
  - Chudan Uchi Uke, switch to Zenkutsu Dachi and execute Gyaku Zuki

### Kata (Form)

- Hiji Ate Go Ho
- Heian Nidan

### Kumite (Sparring)

- **Yakusoku Kihon Kumite** or **Kihon Ippon Kumite** (pre-arranged basic sparring)
  - Gedan Barai, Gyaku Zuki      Yoko Uke, Gyaku Zuki      Age Uke, Gyaku Zuki



# Shitoryu Karate Do Syllabus

## 7th Kyu (Orange belt) Time Requirement, 3 months

### Kihon (Basics)

- **Moto Dachi**
  - Otoshi Uke
  - Mae Ashi Mawashi Geri
  - Ushiro Ashi Mawashi Geri
- **Hachiji Dachi**
  - Hiji Yoko Uchi
  - Ushiro Hiji Ate
  - Mae Hiji Ate
  - Kentsui Uchi
- **Neko Ashi Dachi**
  - Shuto Chudan Uke
  - Chudan Yoko Chudan Uke
  - Chudan Uchi Uke
  - Mae Ashi Mae Geri
  - Mae Ashi Mawashi Geri

### Ido Kihon (Moving Techniques)

- Zenkutsu Dachi Gedan Barai, Moving Forward on Moto Dachi Oi Zuki -> Back to Zenkutsu Dachi Gedan Barai
- Zenkutsu Dachi Yoko Uke, Moving Forward on Moto Dachi Oi Zuki -> Back to Zenkutsu Dachi Yoko Uke
- Zenkutsu Dachi Uchi Uke, Moving Forward on Moto Dachi Oi Zuki -> Back to Zenkutsu Dachi Uchi Uke
- Zenkutsu Dachi Age Uke, Moving Forward on Moto Dachi Oi Zuki -> Back to Zenkutsu Dachi Age Uke

### Renzoku Kihon (Combination Techniques)

- From Yoi Position (Hachiji Dachi) Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri -> back to yoi position
- From Yoi Position (Hachiji Dachi) Neko Ashi Dachi Chudan Yoko Uke, Mae Ashi Mae Geri -> back to yoi position
- Moto Dachi Gedan Barai, Zenkutsu Dachi Gyaku Zuki
- Moto Dachi Yoko Uke, Zenkutsu Dachi Gyaku Zuki
- Moto Dachi Uchi Uke, Zenkutsu Dachi Gyaku Zuki
- Moto Dachi Age Uke, Zenkutsu Dachi Gyaku Zuki

### Renzoku Ido Kihon (Combination Moving Techniques)

- Neko Ashi Dachi Yoko Uke, Ushiro Ashi Mae Geri, landing on Moto Dachi Oi Zuki
- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Mae Geri (Moving Forward & Backward & Backward in 45 degree)

### Ashi Sabaki (Footwork), (Tempo Hassoku)

- Mae Sugi Ashi
- Ushiro Sugi Ashi

### Tenshin Hoppo

- Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (To the Front "Mae")
- Shiko Dachi Chudan Uchi Uke, Uraken Uchi (To the back "Ato" or "Ushiro")

### Kata (Form)

- Heian Shodan

### Kumite (Sparring)

- **Yakusoku Kihon Kumite Or Ippon Kumite** (pre-arranged basic sparring)
  - Gedan Barai, Gyaku Zuki      Yoko Uke, Gyaku Zuki      Age Uke, Gyaku Zuki
- **Kata Bunkai**
  - Heian Nidan
- **Hokei Kumite**
  - Heian Nidan



# Shitoryu Karate Do Syllabus

## 6th Kyu (Green belt) Time Requirement, 3 months

### Kihon (Basics)

- **Shiko Dachi**
  - Chudan Hiji Uke
  - Ni no Ude Uke
  - Gedan Kote Uke
- **Moto Dachi**
  - Furi Zuki
  - Chudan Shotei Uke
  - Mae Ashi Mawashi Geri
- **Hachiji Dachi**
  - Ushiro Furi Zuki
- **Neko Ashi Dachi**
  - Mae Ashi Mawashi Geri

### Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi Ushiro Ashi Mae Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mae Geri Jodan
- Moto Dachi Ushiro Ashi Mae Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mawashi Geri Jodan
- Moto Dachi Mae Ashi Mae Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mae Geri Jodan
- Moto Dachi Mae Ashi Mae Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mawashi Geri Jodan
- Moto Dachi Mae Ashi Mawashi Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mawashi Geri Jodan, Gyaku Zuki
- Neko Ashi Dachi Chudan Yoko Uke, Mae Ashi Mae Geri Chudan, Ushiro Ashi Oi Mae Geri Chudan, Moto Dachi Oi Zuki
- Moto Dachi Ushiro Ashi Oi Mae Geri, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mawashi Geri
- **Shiko Dachi (Moving Forward & Moving Backward)**
  - Gedan Barai, switch to Zenkutsu Dachi, Gyaku Zuki
  - Chudan Uchi Uke, switch to Zenkutsu Dachi, Gyaku Zuki
  - Shuto Gedan Barai, switch to Zenkutsu Dachi, Gyaku Zuki

### Ashi Sabaki (Footwork), (Tempo Hassoku)

- Ayumi Ashi Mae Naname
- Ayumi Ashi Ushiro Naname
- Sugi Ashi Mae Naname
- Sugi Ashi Ushiro Naname
- Mae Yori Ashi
- Ushiro Yori Ashi
- Fumikae Ashi

### Tenshin Happo

- Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (Mae)
- Shiko Dachi Chudan Uchi Uke, Uraken Uchi (Ushiro)
- Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri (Ushiro Naname)

### Kata (Form)

- Heian Sandan



# Shitoryu Karate Do Syllabus

## 6th Kyu (Continue)

### Kumite (Sparring)

- **Yakusoku Kihon Kumitei**
- **Nihon Kumite**
  - Gedan Barai Age Uke Gyaku zuki
  - Gedan Barai on Shiko Dachi Yoko Uke on Moto Dachi Gyaku Zuki
- **Kata Bunkai**
  - Heian Shodan
- **Hokei Kumite**
  - Heian Shodan



# Shitoryu Karate Do Syllabus

## 5th Kyu (Blue belt) Time Requirement, 3 months

### Kihon (Basics)

- **Moto Dachi & Zenkutsu Dachi**
  - Gedan Kosa Uke
  - Jodan Kaishu Kosa Uke
  - Hiji Sasae Uke
  - Yoko Barai

### Tachi Kata (Stance)

- Kosa Dachi
- Naifanchi Dachi

### Ido Kihon (Moving Techniques)

- **Naifanchi Dachi Yoko Gamae**
  - Yoko Geri to the side moving sideward with Kosa Ashi

### Renzoku Kihon (Combination Techniques)

- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Mae Geri, landing on Moto Dachi Gyaku Zuki
- Neko Ashi Dachi Chudan Yoko Uke, Mae Ashi Mae Geri, landing on Moto Dachi Gyaku Zuki
- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Jodan Mawashi Geri, landing on Moto Dachi Gyaku Zuki

### Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi, Mae Ashi Mae Geri Chudan, Ushiro Ashi Oi Mae Geri, landing on Moto Dachi Oi Zuki
- Moto Dachi, Mae Ashi Chudan Mawashi Geri, Ushiro Ashi Oi Mawashi Geri Jodan, landing on Moto Dachi Gyaku Zuki
- Moto Dachi, Mae Ashi Chudan Mae Geri, Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki
- Moto Dachi, Ushiro Ashi Mae Geri, Ushiro Ashi (Same leg) Oi Mawashi Geri, Gyaku Zuki on Moto Dachi
- Moto Dachi, Ushiro Ashi Oi Mae Geri, Ushiro Ashi same leg Oi Mawashi Geri, followed by Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki

### Ashi Sabaki (Footwork), (Tempo Hassoku)

- Hiraki Yose Ashi
- Hiraki Kosa Ashi
- Okuri Ashi
- Tobi Ashi

### Tenshin Happo

- Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (Mae)
- Shiko Dachi Chudan Uchi Uke, Uraken Uchi (Ushiro)
- Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri (Ushiro Naname)
- Shiko Dachi Chudan Uchi Uke, Chudan Zuki (Mae Naname)
- Shiko Dachi, Ni no Ude Uke or Gedan Kote Uke, Zenkutsu Dachi, Gyaku Zuki (applying to the sides)
- Shiko Dachi Chudan Shotei Uke, Chudan Zuki

### Kata (Form)

- Heian Yondan





# Shitoryu Karate Do Syllabus

## 5th Kyu (Continue)

### Kumite (Sparring)

- **Uchi Komi** or **Jyu Ippon Kumite** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
  - Heian Sandan
- **Hokei Kumite**
  - Heian Sandan
- **Shiai Kumite** (Point Sparring)



# Shitoryu Karate Do Syllabus

## 4th Kyu (Purple belt) Time Requirement, 3 months

### Kihon (Basics)

- **Moto Dachi**
  - Ashi Barai
- **Heisoku Dachi & Moto Dachi**
  - Ushiro Geri

### Tachi Kata (Stance)

- Uki Ashi Dachi
- Kokutsu Dachi

### Renzoku Kihon (Combination Techniques)

- Moto dachi Chudan Gamae, Mae Geri to the front, Yoko Geri to the side (with one leg)
- Moto Dachi Chudan Gamae, Mae Geri to the front, Mawashi Geri to the front (with one leg)
- Moto Dachi Chudan Gamae, Mae Geri to the front, Ushiro Geri to the back(with one leg)

### Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi Chudan Gamae, Ushiro Ashi Oi Mae Geri, Ushiro Ashi Oi Mawashi Geri, Moto Dachi Oi zuki (stepping forward)
- Neko Ashi Dachi Chudan Yoko Uke, Ushiro Ashi Mae Geri landing on Moto Dachi Chudan Oi Zuki
- Neko Ashi Dachi Chudan Shuto Uke, Mae Ashi Yoko Gari to the front landing on Moto Dachi Chudan Gyaku Zuki

### Ashi Sabaki (Footwork), (Tempo Hassoku)

- Tobi Ashi

### Tenshin Hoppo

- Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (Mae)
- Shiko Dachi Chudan Uchi Uke, Uraken Uchi (Ushiro)
- Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri (Ushiro Naname)
- Shiko Dachi Chudan Uchi Uke, Chudan Zuki (Mae Naname)
- Shiko Dachi, Ni no Ude Uke or Gedan Kote Uke, Zenkutsu Dachi, Gyaku Zuki (applying to the sides)

### Kata (Form)

- Heian Godan
- Juroku

### Kumite (Sparring)

- **Uchi Komi** or **Jyu Ippon Kumite** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
  - Heian Yondan
- **Hokei Kumite**
  - Heian Yondan
- **Shiai Kumite** (Point Sparring)



# Shitoryu Karate Do Syllabus

## 3rd Kyu (Brown belt) Time Requirement, 3 months

### Kihon (Basics)

- **Moto Dachi**
  - Ura Mawashi Geri
  - Ushiro Ura Mawashi Geri
  - Fumi Komi

### Tachi Kata (Stance)

- Sagi Ashi Dachi
- Sanchin Dachi
- Fukai Zenkutsu Dachi

### Renzoku Kihon (Combination Techniques)

- Moto Dachi Chudan Gamae, Mae Geri to the front, Yoko Geri to the side, Ushiro Geri to the back(with one leg)
- Moto Dachi Chudan Gamae, Mae Geri to the front, Yoko Geri to the side, Mawashi Geri to the front(with one leg)
- Moto Dachi Chudan Gamae, Ushiro Ashi Oi Yoko Geri to the front, turning and executing Ushiro Geri landing on Moto Dachi

### Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi Chudan Gamae, Mae Ashi Mawashi Geri Chudan, Ushiro Ashi Oi Mae Geri, Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki

### Tenshin Happo

- Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (Mae)
- Shiko Dachi Chudan Uchi Uke, Uraken Uchi (Ushiro)
- Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri (Ushiro Naname)
- Shiko Dachi Chudan Uchi Uke, Chudan Zuki (Mae Naname)
- Shiko Dachi, Ni no Ude Uke or Gedan Kote Uke, Zenkutsu Dachi, Gyaku Zuki (applying to the sides)

### Kata (Form)

- Naifanchi Shodan
- Aoyagi
- Sanchin
- Shinsei Ni

### Kumite (Sparring)

- **Uchi Komi** or **Jyu Ippon Kumite** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
  - Heian Godan
  - Juroku
- **Hokei Kumite**
  - Heian Godan
- **Shiai Kumite** (Point Sparring)



# Shitoryu Karate Do Syllabus

## 2nd Kyu (Brown belt, one white stripe) Time Requirement, 4 months

### Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi Chudan Gamae, Mae Ashi Mawashi Geri Chudan, Ushiro Ashi Oi Mae Geri, Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki
- Moto Dachi Chudan Gamae, Mae Ashi Mawashi Geri Chudan, Ushiro Ashi Oi Mae Geri, Ushiro Ashi Oi Mawashi Geri, landing on Moto Dachi Gyaku Zuki
- Moto Dachi Chudan Gamae, Mae Ashi Mae Geri Chudan, Ushiro Ashi Oi Yoko Geri, following with Ushiro Geri landing on Moto Dachi Gyaku Zuki
- Neko Ashi Dachi Chudan Yoko Uke, Ushiro Ashi Mae Geri put it back to Zenkutsu Dachi and with left hand Jordan Age Uke, then forward to Moto Dachi Oi Zuki

### Tenshin Happo

- Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (Mae)
- Shiko Dachi Chudan Uchi Uke, Uraken Uchi (Ushiro)
- Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri (Ushiro Naname)
- Shiko Dachi Chudan Uchi Uke, Chudan Zuki (Mae Naname)
- Shiko Dachi, Ni no Ude Uke or Gedan Kote Uke, Zenkutsu Dachi, Gyaku Zuki (applying to the sides)

### Kata (Form)

- Bassai Dai
- Koshokun Dai
- Matsukaze
- Shinsei

### Kumite (Sparring)

- **Uchi Komi** or **Jyu Ippon Kumite** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
  - Heian Godan
  - Naifanchi Shodan
- **Shiai Kumite** (Point Sparring)



# Shitoryu Karate Do Syllabus

## 1st Kyu (Brown belt, two white stripes) Time Requirement, 4 months

### Renzoku Kihon (Combination Techniques)

- **Moto Dachi Chudan Gamae kicking with one leg**
  - Mae Geri to the front
  - Yoko Geri to the side
  - Mawashi Geri to the front

### Renzoku Ido Kihon (Combination Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi** (stepping forward & stepping backward)
  - Gendan Barai Gyaku Zuki, Chudan Yoko Uke Gyaku Zuki, Chudan Uchi Uke Gyaku Zuki, Jodan Age Uke Gyaku Zuki
- **Neko Ashi Dachi Chudan Shuto Uke, Mae Ashi Mae Geri** (stepping forward & stepping backward)

### Tenshin Happo

- Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (Mae)
- Shiko Dachi Chudan Uchi Uke, Uraken Uchi (Ushiro)
- Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri (Ushiro Naname)
- Shiko Dachi Chudan Uchi Uke, Chudan Zuki (Mae Naname)
- Shiko Dachi, Ni no Ude Uke or Gedan Kote Uke, Zenkutsu Dachi, Gyaku Zuki (applying to the sides)

### Kata (Form)

- Seienchin
- Jitte
- Jion

### Kumite (Sparring)

- **Uchi Komi** or **Jyu Ippon Kumite** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
  - Bassai Dai
- **Shiai Kumite** (Point Sparring)



# Shitoryu Karate Do Syllabus

## Sho Dan Ho (Black belt) Time Requirement, 4 months

### Renzoku Kihon (Combination Techniques)

- **Moto Dachi Chudan Gamae kicking with one leg**
  - Mae Geri to the front
  - Yoko Geri to the side
  - Mawashi Geri to the front

### Renzoku Ido Kihon (Combination Moving Techniques)

- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Mawashi Geri Jordan, Ushiro Ashi Yoko Geri to the front, stepping forward and execute Oi Zuki on Moto Dachi

### Kata (Form)

- **Shitei Kata**
  - Bassai Dai
  - Seienchin
- **Optional Katas**
  - Matsumura Ha Rohai
  - Jiin

### Kumite (Sparring)

- **Uchi Komi (Yakusoku Jyu Ippon Kumite)** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
  - Bassai Dai
- **Shiai Kumite** (Point Sparring)
- **Hokei Kumite**
  - Heian Shodan to Godan (*Will be at the Discretion of the examiner*)

#### *\*Mandatory*

- *Optional katas will be at the discretion of the examiner*



# Shitoryu Karate Do Syllabus

## Sho Dan (Black belt 1<sup>st</sup> Dan)

### Renzoku Kihon (Combination Techniques)

- **Moto Dachi Chudan Gamae kicking with one leg**
  - Mae Geri to the front
  - Yoko Geri to the side
  - Mawashi Geri to the front

### Renzoku Ido Kihon (Combination Moving Techniques)

- Neko Ashi Dachi Chudan Yoko Uke, Mae Ashi Mae Geri, Ushiro Ashi Mawashi Geri, landing on Moto Dachi Gyaku Zuki
- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Yoko Geri to the front, landing on Moto Dachi Gyaku Zuki

### Kata (Form)

- **Shitei Kata**
  - Bassai Dai
  - Seienchin
- **Shuri Kata**
  - Jitte
  - Itosu Rohai Shodan
  - Naifanichi Nidan
- **Naha Kata**
  - Seisan
  - Shinpa
- **Optional Katas**
  - Juroku
  - Niseishi
  - Aoyagi
  - Myojo
  - Shinsei

### Kumite (Sparring)

- **Uchi Komi or Jyu Ippon Kumite** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
  - Bassai Dai
  - Seienchin
- **Shiai Kumite** (Point Sparring)
- **Hokei Kumite**
  - Heian Shodan to Godan (*Will be at the Discretion of the examiner*)

#### *\*Mandatory*

- *One Shuri Kata and One Naha Kata ( Choose one kata for the bunkai )*
- *Optional katas will be at the discretion of the examiner*



# Shitoryu Karate Do Syllabus

## Ni Dan (Black belt 2<sup>nd</sup> Dan)

### Renzoku Kihon (Combination Techniques)

- **Moto Dachi Chudan Gamae kicking with one leg**
  - Mae Geri to the front
  - Yoko Geri to the side
  - Ushiro Geri to the back
  - Mawashi Geri to the front
- **Hidari Moto Dachi Chudan Gamae**
  - Migi Ushiro Ashi Mawashi Geri, Hidari Ushiro Ura Mawashi Geri, ending with the opposite guard.

### Renzoku Ido Kihon (Combination Moving Techniques)

- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Mawashi Geri Jordan, Ushiro Ashi Yoko Geri to the front, stepping forward and execute Oi Zuki on Moto Dachi

### Kata (Form)

- **Shitei Kata**
  - Koshokun Dai
  - Seipai
- **Shuri Kata**
  - Jion
  - Wanshu
  - Itosu no Rohai Nidan
- **Naha Kata**
  - Saifa
  - Shisochin
- **Optional Katas**
  - Matsukaze
  - Matsumura Ha Rohai
  - Tensho

### Kumite (Sparring)

- **Uchi Komi or Jyu Ippon Kumite** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
  - Koshokun Dai
  - Seipai
- **Shiai Kumite** (Point Sparring)
- **Hokei Kumite**
  - Heian Shodan to Godan (*Will be at the Discretion of the examiner*)

#### \*Mandatory

- *One Shuri Kata and One Naha Kata ( Choose one kata for the bunkai )*
- *Optional katas will be at the discretion of the examiner*





# Shitoryu Karate Do Syllabus

## San Dan (Black belt 3<sup>rd</sup> Dan)

### Renzoku Kihon (Combination Techniques)

- **Moto Dachi Chudan Gamae kicking with one leg**
  - Mae Geri to the front
  - Yoko Geri to the side
  - Ushiro Geri to the back
  - Mawashi Geri to the front
- **Hidari Moto Dachi Chudan Gamae**
  - Migi Ushiro Ashi Mawashi Geri, Hidari Ushiro Ura Mawashi Geri, ending with the opposite guard.

### Kata (Form)

- **Shitei Kata**
  - Matsumura Ha Bassai
  - Koshokun Sho
- **Shuri Kata**
  - Itosu no Roahi Sandan
- **Naha Kata**
  - Kururunfa
  - Sanseiru
  - Nipaipo
- **Optional Katas**
  - Shinpa
  - Tomari no Bassai
  - Niseishi

### Kumite (Sparring)

- **Kata Bunkai**
  - Matsumura Ha Bassai
  - Matsumura Ha Rohai
  - Koshokun Sho
- **Shiai Kumite (Point Sparring)**
- **Hokei Kumite**
  - Heian Shodan to Godan (*Will be at the Discretion of the examiner*)

### Uke no Go Gensoku

- Tenshin - Kusshin - Rakka - Hangeki - Ryusui

#### *\*Mandatory*

- *One Shuri Kata and One Naha Kata ( Choose one kata for the bunkai )*
- *Optional katas will be at the discretion of the examiner*



# Shitoryu Karate Do Syllabus

## Yon Dan (Black belt 4<sup>th</sup> Dan)

**Thesis** (Handed in two weeks before test. Choose from the topics listed below)

- **Topics**
  - Speed Training
  - Power & Endurance
  - Aerobic & Anaerobic
  - Physical & Mental Aspects in Karate
  - Karate and Children
  - Karate and Adults
  - Scientific aspects of Karate
  - Physiology of Energy
  - Kata vs. Kumite and their relationships
  - Sport Karate
  - Karate Techniques
  - Zen and Spirituality in Martial arts
  - Metaphysics and Karate
  - Karate in real life
  - Bunkai vs. Kumite

### Uke no Kaisetsu

- Kote Uke, Kosa Uke, Sashite, Uke Nagashi, Mawashi Uke, Sasae Uke, Heiko Uke, Osae Uke, Kuri Uke, Kakete Uke, Nino Ude Uke, Sukui Uke

### Uke no Go Gensoku

- Tenshin - Kusshin – Rakka - Hangeki - Ryusui

### Kata (Form)

- **Shitei Kata**
  - Bassai Dai
  - Seienchin
- **Shuri Kata**
  - Shiho Koshokun
  - Chnitei
- **Naha Kata**
  - Seisan
  - Seipai
  - Sanseiru
- **Optional Katas**
  - Nipaipo
  - Sochin
  - Naifanchi Sandan

### Kumite (Sparring)

- **Jyu Kumite** ( Free Sparring )
- **Kata Bunkai**
  - Bassai Dai
  - Seienchin
- **Shiai Kumite** ( Point Sparring )
- **Hokei Kumite**
  - Heian Shodan to Godan (*Will be at the Discretion of the examiner*)

#### *\*Mandatory*

- *One Shuri Kata and One Naha Kata ( Choose one kata for the bunkai )*
- *Optional katas will be at the discretion of the examiner*



# Shitoryu Karate Do Syllabus

## Go Dan (Black belt 5<sup>th</sup> Dan)

**Thesis** (Handed in two weeks before test. Choose from the topics listed below)

- **Topics**
  - Speed Training
  - Power & Endurance
  - Aerobic & Anaerobic
  - Physical & Mental Aspects in Karate
  - Karate and Children
  - Karate and Adults
  - Scientific aspects of Karate
  - Physiology of Energy
  - Kata vs. Kumite and their relationships
  - Sport Karate
  - Karate Techniques
  - Zen and Spirituality in Martial arts
  - Metaphysics and Karate
  - Karate in real life
  - Bunkai vs. Kumite

### Uke no Kaisetsu

- Kote Uke, Kosa Uke, Sashite, Uke Nagashi, Mawashi Uke, Sasae Uke, Heiko Uke, Osae Uke, Kuri Uke, Kakete Uke, Nino Ude Uke, Sukui Uke

### Uke no Go Gensoku

- Tenshin - Kusshin – Rakka - Hangeki - Ryusui

### Kata (Form)

- **Shitei Kata**
  - Bassai Dai
  - Seienchin
- **Shuri Kata**
  - Chinto
  - Gojushi Ho
  - Bassai Sho
- **Naha Kata**
  - Suparinpei
  - Shisochin
  - Kururunfa
- **Optional Katas**
  - Unsu
  - Sochin
  - Chatanyara Kushanku

### Kumite (Sparring)

- **Kata Bunkai**
  - Bassai Dai
  - Seienchin
- **Shiai Kumite** (Point Sparring)
- **Jyu Kumite** (Free Sparring)
- **Hokei Kumite**
  - Heian Shodan to Godan (*Will be at the Discretion of the examiner*)

#### *\*Mandatory*

- *One Shuri Kata and One Naha Kata ( Choose one kata for the bunkai )*
- *Optional katas will be at the discretion of the examiner*

# A CHART OF RELATIONS

