

















Shitoryu Karate Canada / Shitoryu Karaté Canada

Student Manual / Manuel de l'étudiant

PROGRESSION OF GRADES (*White belt to Black belt 5th Dan*)

Kyu	Belts	Time Requirement	Kata required
9-Ku KYU	 WHITE WITH YELLOW STRIPE	4 months and/ or at the Sensei's discretion	SHIHO UKE, JUNI NO KATA
8-Hachi KYU	 YELLOW	4 months and/ or at the Sensei's discretion	HEIAN NIDAN
7-Shichi KYU	 ORANGE	4 months and/ or at the Sensei's discretion	HEIAN SANDAN, HIJI ATE GOHO
6-Roku KYU	 GREEN	4 months and/ or at the Sensei's discretion	HEIAN SHODAN
5-Go KYU	 BLUE	4 months and/ or at the Sensei's discretion	HEIAN YONDAN
4-Yon KYU	 PURPLE	4 months and/ or at the Sensei's discretion	HEIAN GODAN, JUROKU
3-San KYU	 BROWN	4 to 6 months and/ or at the Sensei's discretion	JITTE, ITOSU ROHAI SHODAN
2-Ni KYU	 BROWN 1 STRIPE	4 to 6 months and/ or at the Sensei's discretion	NAIHANCHIN SHODAN, MATSUMORA ROHAI
1-Ikkyu	 BROWN 2 STRIPES	6 months and/ or at the Sensei's discretion	BASSAI DAI, SHINSEI
SHODAN	 SHODAN 14 years old required	Minimum 12 months and/ or at the Sensei's discretion	*BASSAI DAI, SEIENCHIN, Heian Shodan to Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan, Matsumora Rohai, Shinsei
NIDAN	 NIDAN 17 years old required	Minimum 24 months and/ or at the Sensei's discretion	*KOSOKUN-DAI, SEIPAI, MATSUKAZE, Heian Shodan to Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan, Matsumora Rohai, Shinsei, Bassai Dai, Seienchin, Jion
SANDAN	 SANDAN 21 years old required	Minimum 36 months and/ or at the Sensei's discretion	*CHINTO, NIPAIPO, KURURUNFA, KOSOKUNSHO Heian Shodan to Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan, Matsumora Rohai, Shinsei, Bassai Dai, Seienchin, Jion, Kosokun Dai, Seipai, Matsukaze
YONDAN	 YONDAN 26 years old required	Minimum 48 months and/ or at the Sensei's discretion	*GOJUSHIHO, SHISOCHIN, NIPAIPO, SEISAN Heian Shodan to Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan to Sandan, Matsumora Rohai, Shinsei, Bassai Dai, Seienchin, Jion, Kosokun Dai, Seipai, Matsukaze, Chinto, Kururunfa, Kosokunsho
GODAN	 GODAN 32 years old required	Minimum 60 months and/ or at the Sensei's discretion	*SUPARINPEI, UNSHU, Juroku, Jitte, Itosu Rohai Shodan to Sandan, Naihanchi Shodan to Sandan, Matsumora Rohai, Shinsei, Bassai Dai, Seienchin, Jion, Kosokun Dai, Seipai, Matsukaze, Seisan, Kosokunsho, Nipaipo, Shisochin, Gojushiho

*From Shodan to Godan, the katas printed in Blue color are mandatory and those in Red color, are the Free (Toku) kata that candidates can choose from.