

# Shitoryu Karate Canada Shitoryu Karaté Canada



Student Manual - Kyu & Dan Syllabuses

Manuel de l'étudiant - Programme d'évaluation Kyu et Dan

*Affiliated with/ Affilié avec :*

*World Shitoryu Karate do Federation / Fédération Mondiale de Shitoryu Karaté do  
All Japan Karate do Federation Shitokai / Fédération Japonaise de Karaté do Shitokai  
Pan-American Shitoryu Karate do Federation / Fédération de Pan-American Shitoryu Karaté do*



何ごとも打ちあすれたり  
ひたすらに武の島せして

漕ぐぞたのしき

遺句

流祖摩文仁賢和

Master Kenwa Mabuni, Founder of Shitoryu Karate













Discipline of Kenwa Mabuni expressing the joy of dedicated training:  
*"Forgetting mundane things when striving for the martial isle padding is joy."*



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## PROGRESSION OF GRADES (*White belt to Black belt 3<sup>rd</sup> Dan*)

Kyu	Belts	Time Requirement	Kata required
9-Ku	 <b>WHITE / 1 STRIPE</b>	4 months and/ or at the Sensei's discretion	<b>SHIHO UKE , JUNI NO KATA</b>
8-Hachi	 <b>WHITE / YELLOW</b>	4 months and/ or at the Sensei's discretion	<b>HEIAN NIDAN</b>
7-Shichi	 <b>YELLOW</b>	4 months and/ or at the Sensei's discretion	<b>HEIAN SANDAN, HIJI ATE GOHO</b>
6-Roku	 <b>ORANGE</b>	4 months and/ or at the Sensei's discretion	<b>HEIAN SHODAN</b>
5-Go	 <b>GREEN</b>	4 months and/ or at the Sensei's discretion	<b>HEIAN YONDAN</b>
4-Yon	 <b>BLUE</b>	4 months and/ or at the Sensei's discretion	<b>HEIAN GODAN, JUROKU</b>
3-San	 <b>BROWN</b>	4 to 6 months and/ or at the Sensei's discretion	<b>JITTE, ITOSU ROHAI SHODAN</b>
2-Ni	 <b>BROWN 1 STRIPE</b>	4 to 6 months and/ or at the Sensei's discretion	<b>NAIHANCHIN SHODAN, MATSUMURA ROHAI</b>
1-Ikkyu	 <b>BROWN 2 STRIPES</b>	6 months and/ or at the Sensei's discretion	<b>BASSAI DAI, SHINSEI</b>
SHODAN	 <b>SHODAN 14 years old required</b>	12 months and/ or at the Sensei's discretion	<b>*BASSAI DAI, SEIENCHIN</b> , Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan, Matsumura Rohai, Shinsei
NIDAN	 <b>NIDAN</b>	24 months and/ or at the Sensei's discretion	<b>*KOSOKUN-DAI, SEIPAI, MATSUKAZE</b> , Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan, Matsumura Rohai, Shinsei, Bassai Dai, Seienchin, jion
SANDAN	 <b>SANDAN</b>	36 months and/ or at the Sensei's discretion	<b>*CHINTO, NIPAPO, KURURUNFA</b> , Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan, Matsumura Rohai, Shinsei, Bassai Dai, Seienchin, Jion, Kosokun Dai, Seipai, Matsukaze

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



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## 9<sup>th</sup> Kyu - Time Requirement, 3 months

### Tachi Kata (Stances)

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

### Kihon (Basics)

- **Hachiji Dachi**
  - Chudan Zuki
  - Jodan Zuki
  - Gedan Barai
  - Chudan Yoko Uke
  - Yoko Uchi Uke
  - Age Uke
- **Heisoku Dachi**
  - Mae Geri
- **Moto Dachi & Zenkutsu Dachi**
  - Mae Te Zuki (Jun Zuki)
  - Gyaku Zuki
  - Jodan Zuki
  - Gedan Barai
  - Chudan Yoko Uke
  - Yoko Uchi Uke
  - Age Uke
  - Mae Geri

### Ido Kihon (Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi** (Forward on Zenkutsu Dachi, on return use Moto Dachi)
  - Oi Zuki
  - Gyaku Zuki
  - Gedan Barai
  - Chudan Yoko Uke
  - Yoko Uchi Uke
  - Age Uke

### Kata (Form)

- Shiho Uke
- Juni no Kata



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## 8<sup>th</sup> Kyu - Time Requirement, 3 months

### Tachi Kata (Stances)

- Shiko Dachi
- Neko Ashi Dachi

### Kihon (Basics)

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

### Ido Kihon (Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi** (*Forward on Zenkutsu Dachi, on return use Moto Dachi*)
  - Oi Zuki
  - Oi Gyaku Zuki
  - Oi Mae Geri (Jun Mae Geri)
- **Zenkutsu Dachi** (*Moving Forward, Backward, and Backward diagonal*)
  - Gedan Barai
  - Chudan Yoko Uke
  - Yoko Uchi Uke
  - Age Uke
- **Shiko Dachi** (*Moving Forward, Backward, and Backward diagonal*)
  - Shuto Gedan Barai

### Renzoku Kihon (Combination Techniques)

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

### Kata (Form)

- Heian Nidan

### Kumite (Sparring)

- **Yakusoku Kihon Kumite** or **Kihon Ippon Kumite** (pre-arranged basic sparring), *Starting on moto dachi chudan kamae*
  - Gedan Barai, Gyaku Zuki
  - Chudan Yoko Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki





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## 7<sup>th</sup> Kyu - Time Requirement, 3 months

### Kihon (Basics)

- **Moto Dachi**
  - Mawashi Geri
- **Neko Ashi Dachi**
  - Shuto Chudan Uke
  - Mae Ashi Mae Geri (*kick with front leg*)

### Ido Kihon (Moving Techniques)

- Zenkutsu Dachi
  - Gedan Barai, Moving Forward on Moto Dachi Oi Zuki → Step Back to Zenkutsu Dachi Gedan Barai
  - Chudan Yoko Uke, Moving Forward on Moto Dachi Oi Zuki → Step Back to Zenkutsu Dachi chudan Yoko Uke
  - Yoko Uchi Uke, Moving Forward on Moto Dachi Oi Zuki → Step Back to Zenkutsu Dachi Yoko Uchi Uke
  - Age Uke, Moving Forward on Moto Dachi Oi Zuki → Step Back to Zenkutsu Dachi Age Uke
- Neko Ashi Dachi, Shuto Chudan Uke (*Moving Forward & Moving Backward*)

### Renzoku Kihon (Combination Techniques)

- Moto Dachi
  - Gedan Barai → shift to Zenkutsu Dachi Gyaku Zuki
  - Chudan Yoko Uke → shift to Zenkutsu Dachi Gyaku Zuki
  - Yoko Uchi Uke → shift to Zenkutsu Dachi Gyaku Zuki
  - Age Uke → shift to Zenkutsu Dachi Gyaku Zuki

### Kata (Form)

- Heian Sandan
- Hiji Ate Goho

### Kumite (Sparring)

- **Yakusoku Kihon Kumite** or **Kihon Ippon Kumite** (pre-arranged basic sparring), *Starting on moto dachi chudan kamae*
  - Gedan Barai, Gyaku Zuki
  - Chudan Yoko Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki



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## 6<sup>th</sup> Kyu - Time Requirement, 4 months

### Kihon (Basics)

- **Hachiji Dachi & Moto Dachi**
  - Yoko Geri

### Renzoku Ido Kihon (Combination Moving Techniques)

- **Zenkutsu Dachi**
  - Moving Forward → Gedan Barai, Gyaku Zuki → Chudan Yoko Uke, Gyaku Zuki → Yoko Uchi Uke, Gyaku Zuki → Age Uke, Gyaku Zuki ← Moving backward and performing the same set
- **Moto Dachi**
  - With back leg Mae Geri Chudan, Back to Moto Dachi, with the same leg Oi Mae Geri Jodan
  - With back leg Mae Geri Chudan, Back to Moto Dachi, with the same leg Oi Mawashi Geri Jodan
  - With front leg Mae Geri Chudan, Back to Moto Dachi, with the same leg Oi Mawashi Geri Jodan
- **Neko Ashi Dachi**
  - Shuto Chudan Uke, with front leg Mae geri ( *Moving Forward & Moving Backward* )
  - Chudan Yoko Uke, with back leg Oi Mae Geri landing on Moto Dachi Oi Zuki
- **Shiko Dachi** (Moving Forward)
  - Shuto Gedan Barai, switch to Zenkutsu Dachi, Gyaku Zuki

### Kata (Form)

- Heian Shodan

### Kumite (Sparring)

- **Yakusoku Kihon Kumite** or **Kihon Ippon Kumite** (*pre-arranged basic sparring*), *Starting on moto dachi chudan kamae*
  - Gedan Barai, Gyaku Zuki
  - Chudan Yoko Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki
  - Neko Ashi Dachi, Shuto Uke, Mae Ashi Mae Geri



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## 5<sup>th</sup> Kyu - Time Requirement, 4 months

### 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, with front leg Mae Geri, landing on Moto Dachi Gyaku Zuki – Shift back to Neko Ashi and start over
  - Chudan Yoko Uke, with front leg Mae Geri Chudan → followed by back leg Oi Mae Geri Chudan → landing on Moto Dachi Oi Zuki – Shift back to Neko Ashi and start over
  - Chudan Yoko Uke, with front leg Mae Geri, landing on Zenkutsu Dachi Gyaku Zuki – Shift back to Neko Ashi and start over
  - Shuto Chudan Uke, with front leg Jodan Mawashi Geri, landing on Moto Dachi Gyaku Zuki – Shift back to Neko Ashi and start over

### Renzoku Ido Kihon (*Combination Moving Techniques*)

- **Zenkutsu Dachi**
  - Moving Forward → Gedan Barai, Gyaku Zuki → Chudan Yoko Uke, Gyaku Zuki → Yoko Uchi Uke, Gyaku Zuki → Age Uke, Gyaku Zuki ← Moving backward and performing the same set
- Moto Dachi
  - With front leg Chudan Mae Geri, Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki
  - With front leg Mawashi Geri Chudan, Back to Moto Dachi, with the back leg Mawashi Geri Jodan → landing on moto dachi then execute Gyaku Zuki
  - Chudan Mae Geri followed by → Mawashi Geri, followed by → Yoko Geri, landing on Moto Dachi Gyaku Zuki

### Kata (*Form*)

- Heian Yondan

### Kumite (*Sparring*)

- **Yakusoku Kihon Kumite or Kihon Ippon Kumite** (*pre-arranged basic sparring*), Starting on moto dachi chudan kamae
  - Gedan Barai, Gyaku Zuki
  - Chudan Yoko Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki
  - Neko Ashi Dachi, Shuto Uke, Mae Ashi Mae Geri
- Shiai Kumite (*Point Sparring*)





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## 4<sup>th</sup> Kyu - Time Requirement, 4 months

### Kihon (Basics)

#### Heisoku Dachi & Moto Dachi

- Ushiro Geri

### Renzoku Kihon (Combination Techniques)

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

### Renzoku Ido Kihon (Combination Moving Techniques)

- **Zenkutsu Dachi**
  - Moving Forward → Gedan Barai, Gyaku Zuki → Chudan Yoko Uke, Gyaku Zuki → Yoko Uchi Uke, Gyaku Zuki → Age Uke, Gyaku Zuki ← Moving backward and performing the same set
- Moto Dachi Chudan Gamae,
  - With back leg Mae Geri followed by Mawashi Geri followed by Oi zuki on moto dachi (stepping forward)
- Neko Ashi Dachi
  - Chudan Shuto Uke, with front leg Yoko Gari to the front landing on Moto Dachi Chudan Gyaku Zuki

### Kata (Form)

- Heian Godan, Juroku

### Kumite (Sparring)

- **Yakusoku Kihon Kumite** or **Kihon Ippon Kumite** (*pre-arranged basic sparring*), Starting on moto dachi chudan kamae
  - Gedan Barai, Gyaku Zuki
  - Chudan Yoko Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki
  - Nekoashi Dachi, Shuto Uke, Mae Geri
- **Hokei Kumite** (*Yakusoku Kumite of Heian katas*)
  - Heian Shodan, Heian Nidan, Heian Sandan
- **Shiai Kumite** (point Sparring)



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## 3<sup>rd</sup> Kyu - Time Requirement, 4 months

### Renzoku Kihon (*Combination Techniques*)

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

### Renzoku Ido Kihon (*Combination Moving Techniques*)

- **Zenkutsu Dachi**
  - Moving Forward → Gedan Barai, Gyaku Zuki → Chudan Yoko Uke, Gyaku Zuki → Yoko Uchi Uke, Gyaku Zuki → Age Uke, Gyaku Zuki ← Moving backward ( **and Backward diagonally** ) and performing the same set
- Moto Dachi Chudan Gamae
  - With front leg Mawashi geri followed back leg mae geri followed by Yoko Geri to the front landing on Moto Dachi execute Gyaku Zuki

### Kata (*Form*)

- Jitte, Itosu Rohai Shodan

### Kumite (*Sparring*)

- **Uchi Komi or Jyu Ippon Kumite ( Pre-Arranged free style sparring by announcement )**
- **Hokei Kumite ( Yakusoku Kumite of Heian katas )**
  - Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan
- **Shiai Kumite (point Sparring)**



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## 2<sup>nd</sup> Kyu - Time Requirement, 4 months

### Renzoku Kihon (*Combination Techniques*)

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

### Renzoku Ido Kihon (*Combination Moving Techniques*)

- **Zenkutsu Dachi**
  - Moving Forward → Gedan Barai, Gyaku Zuki → Chudan Yoko Uke, Gyaku Zuki → Yoko Uchi Uke, Gyaku Zuki → Age Uke, Gyaku Zuki ← Moving backward ( **and Backward diagonally** ) and performing the same set
- Moto Dachi Chudan Gamae
  - Yoko Geri to the front → followed by Ushiro Geri to the front landing on Moto Dachi Gyaku Zuki

### Kata (*Form*)

- Naihanchi Shodan, Matsumura Rohai

### Kumite (*Sparring*)

- **Uchi Komi or Jyu Ippon Kumite ( Pre-Arranged free style sparring by announcement )**
- **Hokei Kumite ( Yakusoku Kumite of Heian katas )**
  - Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan
- **Shiai Kumite (point Sparring)**



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## 1<sup>st</sup> Kyu - Time Requirement, 6 months

### Renzoku Kihon (*Combination Techniques*)

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

### Renzoku Ido Kihon (*Combination Moving Techniques*)

- **Zenkutsu Dachi**
  - Moving Forward → Gedan Barai, Gyaku Zuki → Chudan Yoko Uke, Gyaku Zuki → Yoko Uchi Uke, Gyaku Zuki → Age Uke, Gyaku Zuki ← Moving backward ( **and Backward diagonally** ) and performing the same set
- Moto Dachi Chudan Gamae
  - With front leg Mae Geri, followed by Yoko Geri to the front, followed by Ushiro Geri to the front landing on Moto Dachi Gyaku Zuki

### Kata (*Form*)

- Bassai Dai, Shinsei

### Kumite (*Sparring*)

- **Uchi Komi or Jyu Ippon Kumite ( Pre-Arranged free style sparring by announcement )**
- **Hokei Kumite ( Yakusoku Kumite of Heian katas )**
  - Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan
- **Shiai Kumite (point Sparring)**



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## **Shodan (Black Belt – 1<sup>st</sup> Dan)** Time Requirement, one year after 1<sup>st</sup> Kyu

### **Renzoku Kihon (Combination Techniques)**

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

### **Renzoku Ido Kihon (Combination Moving Techniques)**

- **Zenkutsu Dachi**
  - Moving Forward → Gedan Barai, Gyaku Zuki → Chudan Yoko Uke, Gyaku Zuki → Yoko Uchi Uke, Gyaku Zuki → Age Uke, Gyaku Zuki ← Moving backward ( **and Backward diagonally** ) and performing the same set
- Neko Ashi Dachi Chudan Yoko Uke, with front leg, Mae Geri followed by Jodan Mawashi Geri, landing on Moto Dachi Gyaku Zuki ← shift back to Neko Ashi Dachi with Chudan Yoko Uke and start over

### **Kata (Form)**

- **Mandatory** ( Bassai Dai, Seienchin)
- **Tokui** (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, Naihanchi Shodan)

### **Kumite (Sparring)**

**Shiai Kumite** (Point Sparring)

**Hokei Kumite** ( *Yakusoku Kumite of Heian katas* )

- Heian Nidan, Heian Shodan, Heian Sandan, Heian Yondan, Heian Godan

**Kata Bunkai**

- Mandatory (Bassai Dai)
- Tokui (Candidates will be asked for the Bunkai of the performing their Tokui katas)



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## **Nidan (Black Belt – 2<sup>nd</sup> Dan)** Time Requirement, 2 years after shodan

### **Renzoku Kihon (Combination Techniques)**

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

### **Renzoku Ido Kihon (Combination Moving Techniques)**

- **Zenkutsu Dachi**
  - Moving Forward → Gedan Barai, Gyaku Zuki → Chudan Yoko Uke, Gyaku Zuki → Yoko Uchi Uke, Gyaku Zuki → Age Uke, Gyaku Zuki ← Moving backward ( **and Backward diagonally** ) and performing the same set
- Neko Ashi Dachi Chudan Yoko Uke, with back leg Jodan Mawashi Geri, followed by Yoko Geri to the front, followed by Ushiro Geri to the front, landing on Moto Dachi Gyaku Zuki ← shift back to Neko Ashi Dachi with Chudan Yoko Uke and start over
- Moto Dachi Chudan Kamae
  - Stepping forward Oi Zuki Jodan Gyaku Zuki Chudan ← step back to Neko Ashi Dachi Shuto Chudan Uke, front leg Mae Geri, with back leg Jodan Mawashi Geri landing on Moto Dachi executing Gyaku Zuki

### **Kata (Form)**

- **Mandatory** ( Kosokun Dai, Seipai, Matsukaze)
- **Tokui** (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, Naihanshi Shodan, Bassai Dai, Seienchin, Jion)

### **Kumite (Sparring)**

**Shiai Kumite** (Point Sparring)

**Hokei Kumite** ( *Yakusoku Kumite of Heian katas* )

- Heian Nidan, Heian Shodan, Heian Sandan, Heian Yondan, Heian Godan

**Kata Bunkai**

- Mandatory (Bassai Dai, Seienchin)
- Tokui (Candidates will be asked for the Bunkai of the performing their Tokui katas)





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## **Sandan (Black Belt – 3<sup>rd</sup> Dan)** Time Requirement, 3 years after Nidan

### **Renzoku Kihon (Combination Techniques)**

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

### **Renzoku Ido Kihon (Combination Moving Techniques)**

- Neko Ashi Dachi Shuto Chudan Uke, with front leg Mae Geri, followed by Jodan Mawashi Geri, followed by Yoko Geri to the front, followed by Ushiro Geri to the front, landing on Moto Dachi Gyaku Zuki ← shift back to Neko Ashi Dachi with Shuto Chudan Uke and start over

### **Kata (Form)**

- **Mandatory** ( Chinto, Nipaipo, Kururunfa)
- **Tokui** (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, Naihanshi Shodan, Bassai Dai, Seienchin, Jion, Seipai, Kosokundai, Matsukaze)

### **Kumite (Sparring)**

**Jyu Kumite** (Free Style Sparring)

**Hokei Kumite** ( *Yakusoku Kumite of Heian katas* )

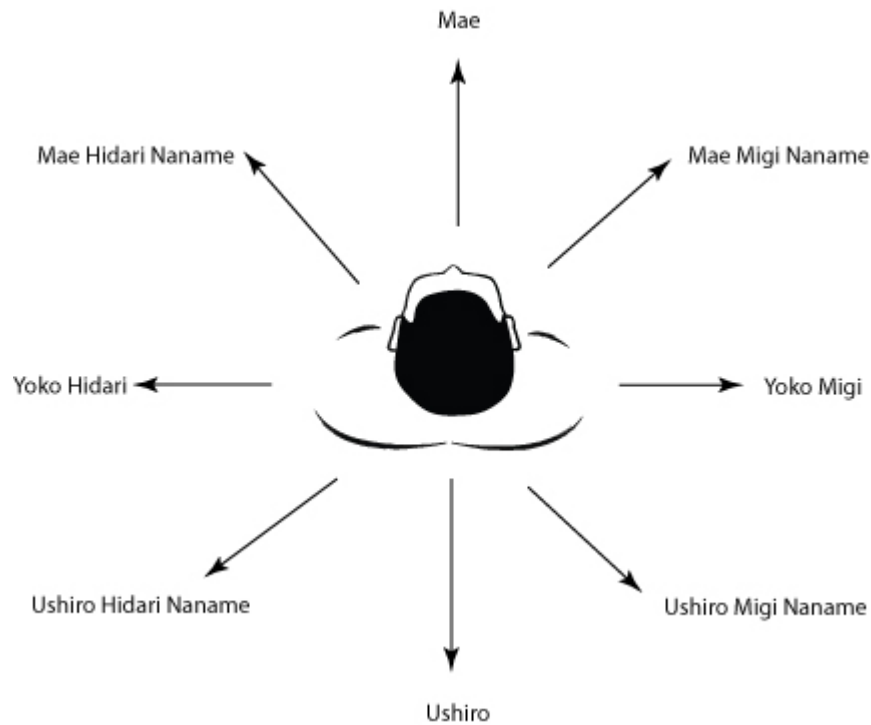
- Heian Nidan, Heian Shodan, Heian Sandan, Heian Yondan, Heian Godan

**Kata Bunkai**

- Mandatory (Bassai Dai, Seienchin, Nipaipo)
- Tokui (Candidates will be asked for the Bunkai of the performing their Tokui katas)



## Tenshin / Happo



1. Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (Mae)
2. Shiko Dachi Yoku Uchi Uke, Uraken Uchi (Ushiro)
3. Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri (Ushiro Naname)
4. Shiko Dachi Chudan Yoko Uchi Uke, Chudan Zuki (Mae Naname)
5. Shiko Dachi Chudan Shotei Uke, Chudan Zuki