



# 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
  - Naifanchi 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*