



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)