



# 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 Jodan, 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*