



Shitoryu Karate Do Syllabus

2nd Kyu (Brown belt, one white stripe) Time Requirement, 4 months

Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi Chudan Gamae, Mae Ashi Mawashi Geri Chudan, Ushiro Ashi Oi Mae Geri, Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki
- Moto Dachi Chudan Gamae, Mae Ashi Mawashi Geri Chudan, Ushiro Ashi Oi Mae Geri, Ushiro Ashi Oi Mawashi Geri, landing on Moto Dachi Gyaku Zuki
- Moto Dachi Chudan Gamae, Mae Ashi Mae Geri Chudan, Ushiro Ashi Oi Yoko Geri, following with Ushiro Geri landing on Moto Dachi Gyaku Zuki
- Neko Ashi Dachi Chudan Yoko Uke, Ushiro Ashi Mae Geri put it back to Zenkutsu Dachi and with left hand Jordan Age Uke, then forward to Moto Dachi Oi Zuki

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)

- Bassai Dai
- Koshokun Dai
- Matsukaze
- Shinsei

Kumite (Sparring)

- **Uchi Komi** or **Jyu Ippon Kumite** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
 - Heian Godan
 - Naifanchi Shodan
- **Shiai Kumite** (Point Sparring)