



Shitoryu Karate Do Syllabus

San Dan (Black belt 3rd 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.

Kata (Form)

- **Shitei Kata**
 - Matsumura Ha Bassai
 - Koshokun Sho
- **Shuri Kata**
 - Itosu no Roahi Sandan
- **Naha Kata**
 - Kururunfa
 - Sanseiru
 - Nipaipo
- **Optional Katas**
 - Shinpa
 - Tomari no Bassai
 - Niseishi

Kumite (Sparring)

- **Kata Bunkai**
 - Matsumura Ha Bassai
 - Matsumura Ha Rohai
 - Koshokun Sho
- **Shiai Kumite (Point Sparring)**
- **Hokei Kumite**
 - Heian Shodan to Godan (*Will be at the Discretion of the examiner*)

Uke no Go Gensoku

- Tenshin - Kusshin - Rakka - Hangeki - Ryusui

**Mandatory*

- *One Shuri Kata and One Naha Kata (Choose one kata for the bunkai)*
- *Optional katas will be at the discretion of the examiner*