



Shitoryu Karate Do Syllabus

3rd Kyu (Brown belt) Time Requirement, 3 months

Kihon (Basics)

- **Moto Dachi**
 - Ura Mawashi Geri
 - Ushiro Ura Mawashi Geri
 - Fumi Komi

Tachi Kata (Stance)

- Sagi Ashi Dachi
- Sanchin Dachi
- Fukai Zenkutsu Dachi

Renzoku Kihon (Combination Techniques)

- Moto Dachi Chudan Gamae, Mae Geri to the front, Yoko Geri to the side, Ushiro Geri to the back(with one leg)
- Moto Dachi Chudan Gamae, Mae Geri to the front, Yoko Geri to the side, Mawashi Geri to the front(with one leg)
- Moto Dachi Chudan Gamae, Ushiro Ashi Oi Yoko Geri to the front, turning and executing Ushiro Geri landing on Moto Dachi

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

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)

- Naifanchi Shodan
- Aoyagi
- Sanchin
- Shinsei Ni

Kumite (Sparring)

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