



Shitoryu Karate Do Syllabus

Yon Dan (Black belt 4th Dan)

Thesis (Handed in two weeks before test. Choose from the topics listed below)

- **Topics**
 - Speed Training
 - Power & Endurance
 - Aerobic & Anaerobic
 - Physical & Mental Aspects in Karate
 - Karate and Children
 - Karate and Adults
 - Scientific aspects of Karate
 - Physiology of Energy
 - Kata vs. Kumite and their relationships
 - Sport Karate
 - Karate Techniques
 - Zen and Spirituality in Martial arts
 - Metaphysics and Karate
 - Karate in real life
 - Bunkai vs. Kumite

Uke no Kaisetsu

- Kote Uke, Kosa Uke, Sashite, Uke Nagashi, Mawashi Uke, Sasae Uke, Heiko Uke, Osae Uke, Kuri Uke, Kakete Uke, Nino Ude Uke, Sukui Uke

Uke no Go Gensoku

- Tenshin - Kusshin – Rakka - Hangeki - Ryusui

Kata (Form)

- **Shitei Kata**
 - Bassai Dai
 - Seienchin
- **Shuri Kata**
 - Shiho Koshokun
 - Chnitei
- **Naha Kata**
 - Seisan
 - Seipai
 - Sanseiru
- **Optional Katas**
 - Nipaipo
 - Sochin
 - Naifanchi Sandan

Kumite (Sparring)

- **Jyu Kumite** (Free Sparring)
- **Kata Bunkai**
 - Bassai Dai
 - Seienchin
- **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*