



Shitoryu Karate Do Syllabus

4th Kyu (Purple belt) Time Requirement, 3 months

Kihon (Basics)

- **Moto Dachi**
 - Ashi Barai
- **Heisoku Dachi & Moto Dachi**
 - Ushiro Geri

Tachi Kata (Stance)

- Uki Ashi Dachi
- Kokutsu Dachi

Renzoku Kihon (Combination Techniques)

- Moto dachi Chudan Gamae, Mae Geri to the front, Yoko Geri to the side (with one leg)
- Moto Dachi Chudan Gamae, Mae Geri to the front, Mawashi Geri to the front (with one leg)
- Moto Dachi Chudan Gamae, Mae Geri to the front, Ushiro Geri to the back(with one leg)

Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi Chudan Gamae, Ushiro Ashi Oi Mae Geri, Ushiro Ashi Oi Mawashi Geri, Moto Dachi Oi zuki (stepping forward)
- Neko Ashi Dachi Chudan Yoko Uke, Ushiro Ashi Mae Geri landing on Moto Dachi Chudan Oi Zuki
- Neko Ashi Dachi Chudan Shuto Uke, Mae Ashi Yoko Gari to the front landing on Moto Dachi Chudan Gyaku Zuki

Ashi Sabaki (Footwork), (Tempo Hassoku)

- Tobi Ashi

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)

- Heian Godan
- Juroku

Kumite (Sparring)

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