



# Shitoryu Karate Do Syllabus

## 5th Kyu (Blue belt) Time Requirement, 3 months

### Kihon (Basics)

- **Moto Dachi & Zenkutsu Dachi**
  - Gedan Kosa Uke
  - Jodan Kaishu Kosa Uke
  - Hiji Sasae Uke
  - Yoko Barai

### Tachi Kata (Stance)

- Kosa Dachi
- Naifanchi Dachi

### Ido Kihon (Moving Techniques)

- **Naifanchi Dachi Yoko Gamae**
  - Yoko Geri to the side moving sideward with Kosa Ashi

### Renzoku Kihon (Combination Techniques)

- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Mae Geri, landing on Moto Dachi Gyaku Zuki
- Neko Ashi Dachi Chudan Yoko Uke, Mae Ashi Mae Geri, landing on Moto Dachi Gyaku Zuki
- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Jodan Mawashi Geri, landing on Moto Dachi Gyaku Zuki

### Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi, Mae Ashi Mae Geri Chudan, Ushiro Ashi Oi Mae Geri, landing on Moto Dachi Oi Zuki
- Moto Dachi, Mae Ashi Chudan Mawashi Geri, Ushiro Ashi Oi Mawashi Geri Jodan, landing on Moto Dachi Gyaku Zuki
- Moto Dachi, Mae Ashi Chudan Mae Geri, Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki
- Moto Dachi, Ushiro Ashi Mae Geri, Ushiro Ashi (Same leg) Oi Mawashi Geri, Gyaku Zuki on Moto Dachi
- Moto Dachi, Ushiro Ashi Oi Mae Geri, Ushiro Ashi same leg Oi Mawashi Geri, followed by Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki

### Ashi Sabaki (Footwork), (Tempo Hassoku)

- Hiraki Yose Ashi
- Hiraki Kosa Ashi
- Okuri Ashi
- 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)
- Shiko Dachi Chudan Shotei Uke, Chudan Zuki

### Kata (Form)

- Heian Yondan



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## 5th Kyu (Continue)

### Kumite (Sparring)

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