



Shitoryu Karate Do Syllabus

6th Kyu (Green belt) Time Requirement, 3 months

Kihon (Basics)

- **Shiko Dachi**
 - Chudan Hiji Uke
 - Ni no Ude Uke
 - Gedan Kote Uke
- **Moto Dachi**
 - Furi Zuki
 - Chudan Shotei Uke
 - Mae Ashi Mawashi Geri
- **Hachiji Dachi**
 - Ushiro Furi Zuki
- **Neko Ashi Dachi**
 - Mae Ashi Mawashi Geri

Renzoku Ido Kihon (Combination Moving Techniques)

- Moto Dachi Ushiro Ashi Mae Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mae Geri Jodan
- Moto Dachi Ushiro Ashi Mae Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mawashi Geri Jodan
- Moto Dachi Mae Ashi Mae Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mae Geri Jodan
- Moto Dachi Mae Ashi Mae Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mawashi Geri Jodan
- Moto Dachi Mae Ashi Mawashi Geri Chudan, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mawashi Geri Jodan, Gyaku Zuki
- Neko Ashi Dachi Chudan Yoko Uke, Mae Ashi Mae Geri Chudan, Ushiro Ashi Oi Mae Geri Chudan, Moto Dachi Oi Zuki
- Moto Dachi Ushiro Ashi Oi Mae Geri, Back to Moto Dachi, with the same leg Ushiro Ashi Oi Mawashi Geri
- **Shiko Dachi (Moving Forward & Moving Backward)**
 - Gedan Barai, switch to Zenkutsu Dachi, Gyaku Zuki
 - Chudan Uchi Uke, switch to Zenkutsu Dachi, Gyaku Zuki
 - Shuto Gedan Barai, switch to Zenkutsu Dachi, Gyaku Zuki

Ashi Sabaki (Footwork), (Tempo Hassoku)

- Ayumi Ashi Mae Naname
- Ayumi Ashi Ushiro Naname
- Sugi Ashi Mae Naname
- Sugi Ashi Ushiro Naname
- Mae Yori Ashi
- Ushiro Yori Ashi
- Fumikae 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)

Kata (Form)

- Heian Sandan



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6th Kyu (Continue)

Kumite (Sparring)

- **Yakusoku Kihon Kumitei**
- **Nihon Kumite**
 - Gedan Barai Age Uke Gyaku zuki
 - Gedan Barai on Shiko Dachi Yoko Uke on Moto Dachi Gyaku Zuki
- **Kata Bunkai**
 - Heian Shodan
- **Hokei Kumite**
 - Heian Shodan