



Shitoryu Karate Do Syllabus

7th Kyu (Orange belt) Time Requirement, 3 months

Kihon (Basics)

- **Moto Dachi**
 - Otoshi Uke
 - Mae Ashi Mawashi Geri
 - Ushiro Ashi Mawashi Geri
- **Hachiji Dachi**
 - Hiji Yoko Uchi
 - Ushiro Hiji Ate
 - Mae Hiji Ate
 - Kentsui Uchi
- **Neko Ashi Dachi**
 - Shuto Chudan Uke
 - Chudan Yoko Chudan Uke
 - Chudan Uchi Uke
 - Mae Ashi Mae Geri
 - Mae Ashi Mawashi Geri
- **Hachiji Dachi**
 - Yoko Geri

Ido Kihon (Moving Techniques)

- Zenkutsu Dachi Gedan Barai, Moving Forward on Moto Dachi Oi Zuki -> Back to Zenkutsu Dachi Gedan Barai
- Zenkutsu Dachi Yoko Uke, Moving Forward on Moto Dachi Oi Zuki -> Back to Zenkutsu Dachi Yoko Uke
- Zenkutsu Dachi Uchi Uke, Moving Forward on Moto Dachi Oi Zuki -> Back to Zenkutsu Dachi Uchi Uke
- Zenkutsu Dachi Age Uke, Moving Forward on Moto Dachi Oi Zuki -> Back to Zenkutsu Dachi Age Uke

Renzoku Kihon (Combination Techniques)

- From Yoi Position (Hachiji Dachi) Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri -> back to yoi position
- From Yoi Position (Hachiji Dachi) Neko Ashi Dachi Chudan Yoko Uke, Mae Ashi Mae Geri -> back to yoi position
- Moto Dachi Gedan Barai, Zenkutsu Dachi Gyaku Zuki
- Moto Dachi Yoko Uke, Zenkutsu Dachi Gyaku Zuki
- Moto Dachi Uchi Uke, Zenkutsu Dachi Gyaku Zuki
- Moto Dachi Age Uke, Zenkutsu Dachi Gyaku Zuki

Renzoku Ido Kihon (Combination Moving Techniques)

- Neko Ashi Dachi Yoko Uke, Ushiro Ashi Mae Geri, landing on Moto Dachi Oi Zuki
- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Mae Geri (Moving Forward & Backward & Backward in 45 degree)

Ashi Sabaki (Footwork), (Tempo Hassoku)

- Mae Sugi Ashi
- Ushiro Sugi Ashi

Tenshin Hoppo

- Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (To the Front "Mae")
- Shiko Dachi Chudan Uchi Uke, Uraken Uchi (To the back "Ato" or "Ushiro")

Kata (Form)

- Heian Shodan

Kumite (Sparring)

- **Yakusoku Kihon Kumite Or Ippon Kumite** (pre-arranged basic sparring)
 - Gedan Barai, Gyaku Zuki Yoko Uke, Gyaku Zuki Age Uke, Gyaku Zuki
- **Kata Bunkai**
 - Heian Nidan
- **Hokei Kumite**
 - Heian Nidan