



# Shitoryu Karate Do Syllabus

## 8th Kyu (Yellow belt) Time Requirement, 3 months

### Tachi Kata (Stances)

- Shiko Dachi
- Neko Ashi Dachi

### Kihon (Basics)

- **Moto Dachi**
  - Jodan Shuto Uchi
  - Shuto Yoko Uchi
- **Moto Dachi**
  - Mae Geri
- **Hachiji Dachi**
  - Uraken Uchi
  - Uraken Yoko Uc
  - Hiji Yoko Uchi
  - Ushiro Hiji Ate
  - Mae Hiji Ate
  - Kentsui Uchi
- **Shiko Dachi**
  - Chudan Zuki
  - Jodan Zuki
  - Nido Zuki
  - Hiji Otoshi Ate
  - Chudan Hiji Ate
  - Gedan Barai (to the sides)
  - Shuto Gedan Barai (to the sides)

### Ido Kihon (Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi** (Moving Forward)
  - Oi Zuki
  - Oi Gyaku Zuki
  - Oi Mae Geri (Jun Mae Geri)
- **Moto Dachi & Zenkutsu Dachi** (Moving Forward & Backward & Backward in 45 degree)
  - Gedan Barai
  - Yoko Uke
  - Chudan Uchi Uke
  - Age Uke
- **Shiko Dachi** (Moving Forward & Backward & Backward in 45 degree)
  - Gedan Barai
  - Chudan Uchi Uke
  - Shuto Gedan Barai

### Renzoku Kihon (Combination Techniques)

- **Moto Dachi & Zenkutsu Dachi**
  - Mae te Zuki, Gyaku Zuki
  - Gedan Barai, Gyaku Zuki
  - Yoko Uke, Gyaku Zuki
  - Chudan Uchi Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki



# Shitoryu Karate Do Syllabus

## 8th Kyu (Yellow belt) Continue...

### Renzoku Ido Kihon (Combination Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi**
  - Gedan Barai, Gyaku Zuki
  - Yoko Uke, Gyaku Zuki
  - Chudan Uchi Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki
- **Moto Dachi & Zenkutsu Dachi** (Moving Forward & Backward & Backward in 45 degree)
  - Gedan Barai, Gyaku Zuki
  - Yoko Uke, Gyaku Zuki
  - Chudan Uchi Uke, Gyaku Zuki
  - Age Uke, Gyaku Zuki
- **Shiko Dachi**
  - Gedan Barai, switch to Zenkutsu Dachi and execute Gyaku Zuki
  - Chudan Yoko Uke, switch to Zenkutsu Dachi and execute Gyaku Zuki
  - Chudan Uchi Uke, switch to Zenkutsu Dachi and execute Gyaku Zuki

### Kata (Form)

- Hiji Ate Go Ho
- Heian Nidan

### Kumite (Sparring)

- **Yakusoku Kihon Kumite** or **Kihon Ippon Kumite** (pre-arranged basic sparring)
  - Gedan Barai, Gyaku Zuki      Yoko Uke, Gyaku Zuki      Age Uke, Gyaku Zuki