



Shitoryu Karate Do Syllabus

9th Kyu (White belt, black stripe) Time Requirement, 3 months

Tachi Kata (Stances)

- Heisoku Dachi
- Musubi Dachi
- Heiko Dachi
- Hachiji Dachi
- Moto Dachi
- Zenkutsu Dachi

Kihon (Basics)

- **Heiko Dachi & Hachiji Dachi**
 - Chudan Zuki
 - Jodan Zuki
 - Gedan Barai
 - Chudan Yoko Uke
 - Yoko Uchi Uke
 - Jodan Age Uke
- **Heisoku Dachi**
 - Mae Geri
- **Moto Dachi & Zenkutsu Dachi**
 - Mae te Zuki
 - Gyaku Zuki
 - Jodan Zuki
 - Gedan Barai
 - Chudan Yoko Uke
 - Yoko Uchi Uke
 - Jodan Age Uke
 - Ushiro Ashi Mae Geri

Ido Kihon (Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi**
 - Oi Zuki
 - Gedan Barai
 - Yoko Uke
 - Chudan Uchi Uke
 - Age Uke

Ashi Sabaki (Footwork), (Tempo Hassoku)

- Ayumi Ashi (Stepping)
- Mawari Ashi (Turning)

Kata (Form)

- Shiho Uke
- Juni No Kata