



Shitoryu Karate Do Syllabus

Sho Dan Ho (Black belt) Time Requirement, 4 months

Renzoku Kihon (Combination Techniques)

- **Moto Dachi Chudan Gamae kicking with one leg**
 - Mae Geri to the front
 - Yoko Geri to the side
 - Mawashi Geri to the front

Renzoku Ido Kihon (Combination Moving Techniques)

- Neko Ashi Dachi Shuto Chudan Uke, Mae Ashi Mawashi Geri Jordan, Ushiro Ashi Yoko Geri to the front, stepping forward and execute Oi Zuki on Moto Dachi

Kata (Form)

- **Shitei Kata**
 - Bassai Dai
 - Seienchin
- **Optional Katas**
 - Matsumura Ha Rohai
 - Jiin

Kumite (Sparring)

- **Uchi Komi (Yakusoku Jyu Ippon Kumite)** (Pre-arranged sparring in Jyu Gamae)
- **Kata Bunkai**
 - Bassai Dai
- **Shiai Kumite** (Point Sparring)
- **Hokei Kumite**
 - Heian Shodan to Godan (*Will be at the Discretion of the examiner*)

**Mandatory*

- *Optional katas will be at the discretion of the examiner*