



Shito-Ryu Karate Karate-Do Ken-Ei-Mabuni Shito-Ryu Karate School

摩文仁賢和系東流空手学校マハラシュトラ天竺



Student Manual - Kyu & Dan Syllabuses

Updated on January 2025



Kaiso KEN WA MABUNI



遺句

流祖摩文仁賢和

漕ぐぞたのし

何ごとも打ちわすれたり
ひたすらに武の島せし

Master Kenwa Mabuni
Founder of Shitoryu Karate

Disipline of Kenwa Mabuni expressing the joy of dedicated training:
"Forgetting mundate things when striving for the martial isle padding is joy."

Born: 14th November 1889, [Shuri, Okinawa, Japan](#)

Died: 23rd May 1952

Residence: [Osaka, Osaka Prefecture, Japan](#)

Teachers: Anko Itosu, Higaonna Kanryo , Gokenki



宗家摩文仁 賢榮

Born: February 13, 1918, [Shuri, Okinawa, Japan](#)

Died: December 19, 2015

Parents: [Kenwa Mabuni](#)

Residence: [Osaka, Osaka Prefecture, Japan](#)

Books: [Shito-ryu Karate-do](#), [Empty Hand: The Essence of Budo Karate](#)

Teachers: [Kenwa Mabuni](#), [Yasuhiro Konishi](#)

ソイクケンイー マブニ





錬士ヨゲシュモア

Chief Instructor

Renshi YOGESH MORE



錬士ナヴナトレヌーセ

Technical Director

Renshi NAVNATH RENUSE



Born: 24th November 1979, Pune, Maharashtra, India
Residence: Pune, Maharashtra, India
Teachers: Raju Gosavi, Raman Ganesh

Born: 9th March 1987, Pune, Maharashtra, India
Residence: Pune, Maharashtra, India
Teacher: Yogesh More

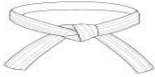
















SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



PROGRESSION OF GRADES (White belt to Black belt 5th Dan)

S. No	Kyu	Belts	Time Requirement	Kata required
1	9-Ku KYU	 White Belt	New	BASIC KIHON
2	8-Hachi KYU	 YELLOW BELT	3 months and/ or at the Sensei's discretion	DAI-NI DOSA JUNI NO NI
3	7-Shichi KYU	 ORANGE BELT	3 months and/ or at the Sensei's discretion	HEIAN SHODAN , CHINO
4	6-Roku KYU	 GREEN BELT	3 months and/ or at the Sensei's discretion	HEIAN NIDAN, , SANCHIN
5	5-Go KYU	 PURPLE BELT	3 months and/ or at the Sensei's discretion	HEIAN SANDAN MATSUMURA -ROHAI
6	4-Yon KYU	 BLUE BELT	3 months and/ or at the Sensei's discretion	HEIAN YONDAN, BASSAI DAI, ,
7	3-San KYU	 MAROON BELT	3 months and/ or at the Sensei's discretion	HEIAN GODAN, JUROKU
8	2-Ni KYU	 BROWN BELT	3 months and/ or at the Sensei's discretion	JION , JITTE , AYOgi
9	1-Ik kyu	 BLACK BELT Sho-Dan Ho	3 months and/ or at the Sensei's discretion	BASSAI DAI, SHINSEI, SEIENCHIN,
10	SHODAN	 BLACK BELT 1ST DAN 14 years old required	6 months and/ or at the Sensei's discretion	*BASSAI DAI, SEIENCHIN, SHINPA, KOSOKUN-DAI, MIJO, SEISAN, SAIFA, JUROKU MATUSUKAZE Basic – SANCHIN VR- BASSAI DAI Bunkai - HEIAN GODAN
11	NIDAN	 BLACK BELT 2ND DAN 17 years old required	Minimum 18 months and/ or at the Sensei's discretion	* NIPAPO, SEIENCHIN KURURUNFA, JION, KOSOKUN-DAI, SEIPAI, SHINPA Basic – TENSYOU VR- SEIENCHIN , Bunkai - BASSAI DAI
12	SANDAN	 BLACK BELT 3RD DAN 21 years old required	Minimum 36 months and/ or at the Sensei's discretion	* CHINTO, NIPAPO, SEIPAI, WANSU, JIIN, SEISAN, CHINTO, UNSHU, Basic – NAIHANCHI SHODAN VR- NIPAPO , Bunkai - SEPAI
13	YONDAN	 BLACK BELT 4TH DAN 26 years old required	Minimum 48 months and/ or at the Sensei's discretion	*GOJUSHIHO, SHISOCHIN, MATSUMORA ROHAI , SEISAN KURURUNFA JITTE, JION SHINPA Basic – SANCHIN VR- GOJUSHIHO Bunkai - JION
14	GODAN	 BLACK BELT 5TH DAN 32 years old required	Minimum 60 months and/ or at the Sensei's discretion	*SUPARINPEI, UNSHU, KURURUNFA, JION, KOSOKUN-DAI, SHISOCHIN Basic – SANCHIN VR- SUPARINPEI Bunkai - BASSAI DAI

From Shodan to Godan, the katas printed in **Blue color are mandatory and those in **Red color** are the Free (Tokui) kata that candidates can choose from.*



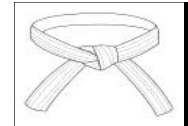


SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



9th Kyu - White Belt Time Requirement, 3 months

Tachi Kata (Stances)



1	Heisoku Dachii
2	Musubi Dachii
3	Heiko Dachii
4	Hachiji Dachii
5	Moto Dachii
6	Zenkutsu Dachii

Kihon (Basics)

	Hachiji Dachii	Heisoku Dachii	Moto Dachii & Zenkutsu Dachii
1	Chudan Zuki	Mae Geri	Mae Te Zuki (Jun Zuki)
2	Jodan Zuki		Gyaku Zuki
3	Gedan Barai		Jodan Zuki
4	Chudan Yoko Uke		Gedan Barai
5	Yoko Uchi Uke		Chudan Yoko Uke
6	Age Uke		Yoko Uchi Uke
7			Age Uke
8			Mae Geri

Ido Kihon (Moving Techniques)

Moto Dachii & Zenkutsu Dachii (*Forward on Zenkutsu Dachii, on return use Moto Dachii*)

- Oi Zuki
- Gyaku Zuki Gedan Barai
- Chudan Yoko Uke
- Yoko Uchi Uke
- Age Uke





SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



8th Kyu – Yellow Belt Time Requirement, 3 months



Tachi Kata (Stances)

1	Shiko Dachi
2	Neko Ashi Dachi

Kihon (Basics)

	Moto Dachi	Hachiji Dachi	Shiko Dachi
1	Jodan Shuto Uchi	Uraken Uchi	Chudan Zuki
2	Shuto Yoko Uchi	Uraken Yoko Uchi	Jodan Zuki
3	Mae Geri (<i>front leg and back leg</i>)	Yoko Hiji Ate	Jodan Zuki
4		Ushiro Hiji Ate	Nido Zuki
5		Tate Hiji Ate	Otoshi Hiji Ate
6		Kentsui Uchi	Chudan Hiji Ate
7			Shuto Gedan Barai (to the sides)

Ido Kihon (Moving Techniques)

	Moto Dachi & Zenkutsu Dachi	Zenkutsu Dachi	Shiko Dachi
	<i>Forward on Zenkutsu Dachi, on return use Moto Dachi</i>	<i>Moving Forward, Backward, and Backward diagonal</i>	<i>Moving Forward, Backward, and Backward diagonal</i>
	Oi Zuki	Gedan Barai	Shuto Gedan Barai
	Oi Gyaku Zuki	Chudan Yoko Uke Yoko Uchi Uke	
	Oi Mae Geri (Jun Mae Geri)	Age Uke	

Renzoku Kihon (Combination Techniques)

	Moto Dachi & Zenkutsu Dachi
	Mae Te Zuki, Gyaku Zuki
	Gedan Barai, Gyaku Zuki
	Chudan Yoko Uke, Gyaku Zuki
	Yoko Uchi Uke, Gyaku Zuki
	Age Uke, Gyaku Zuki

Kata (Form)

- **DAI-NI DOSA**
- **JUNI NO NI**

Kumite (Sparring)

	Yakusoku Kihon Kumite or Kihon Ippon Kumite
	(pre-arranged basic sparring), Starting on moto dachi chudan kamae
	Gedan Barai, Gyaku Zuki
	Chudan Yoko Uke, Gyaku Zuki
	Age Uke, Gyaku Zuki





SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



7th Kyu – Orange Belt - Time Requirement, 3 months



Kihon (Basics)

	Moto Dachi	Neko Ashi Dachi
	Mawashi Geri	Shuto Chudan Uke
		Mae Ashi Mae Geri (<i>kick with front leg</i>)

Ido Kihon (Moving Techniques)

Zenkutsu Dachi

- Gedan Barai, Moving Forward on Moto Dachi Oi Zuki □ Step Back to Zenkutsu Dachi Gedan Barai
- Chudan Yoko Uke , Moving Forward on Moto Dachi Oi Zuki □ Step Back to Zenkutsu Dachi chudan
- Yoko Uke Yoko Uchi Uke, Moving Forward on Moto Dachi Oi Zuki □ Step Back to Zenkutsu Dachi Yoko Uchi Uke
- Age Uke, Moving Forward on Moto Dachi Oi Zuki □ Step Back to Zenkutsu Dachi Age Uke
- Neko Ashi Dachi, Shuto Chudan Uke (*Moving Forward & Moving Backward*)

Renzoku Kihon (Combination Techniques)

Moto Dachi

- Gedan Barai → shift to Zenkutsu Dachi Gyaku Zuki
- Chudan Yoko Uke → shift to Zenkutsu Dachi Gyaku Zuki
- Yoko Uchi Uke → shift to Zenkutsu Dachi Gyaku Zuki
- Age Uke → shift to Zenkutsu Dachi Gyaku Zuki

Kata (Form)

- **HEIAN SHODAN,**
- **CHINO**

Kumite (Sparring)

Yakusoku Kihon Kumite or Kihon Ippon Kumite (pre-arranged basic sparring),

- *Starting on moto dachi chudan kamae*
- Gedan Barai, Gyaku Zuki
- Chudan Yoko Uke, Gyaku Zuki
- Age Uke, Gyaku Zuki





SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



6th Kyu – Green Belt Time Requirement, 3 months



Kihon (Basics)

Hachiji Dachi & Moto Dachi

Yoko Geri

Renzoku Ido Kihon (Combination Moving Techniques)

Zenkutsu Dachi

Moving Forward -- Gedan Barai, Gyaku Zuki -- Chudan Yoko Uke, Gyaku Zuki -- Yoko Uchi Uke, Gyaku Zuki -- Age Uke, Gyaku Zuki - Moving backward and performing the same set

Moto Dachi

With back leg Mae Geri Chudan, Back to Moto Dachi, with the same leg Oi Mae Geri Jodan

With back leg Mae Geri Chudan, Back to Moto Dachi, with the same leg Oi Mawashi Geri Jodan

With front leg Mae Geri Chudan, Back to Moto Dachi, with the same leg Oi Mawashi Geri Jodan

Neko Ashi Dachi

Shuto Chudan Uke, with front leg Mae geri (*Moving Forward & Moving Backward*)

Chudan Yoko Uke, with back leg Oi Mae Geri landing on Moto Dachi Oi Zuki Shiko Dachi

(Moving Forward) Shuto Gedan Barai, switch to Zenkutsu Dachi, Gyaku Zuki

Kata (Form)

- **HEIAN NIDAN,**
- **SANCHIN**

Kumite (Sparring)

Yakusoku Kihon Kumite or **Kihon Ippon Kumite** (pre-arranged basic sparring),

Starting on moto dachi chudan kamae

Gedan Barai, Gyaku Zuki

Chudan Yoko Uke, Gyaku Zuki

Age Uke, Gyaku Zuki

Neko Ashi Dachi, Shuto Uke,

Mae Ashi Mae Geri





SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



5th Kyu - Purple Belt Time Requirement, 3 months



Ido Kihon (Moving Techniques)

- **Naifanchi Dachi Yoko Gamae**
Yoko Geri to the side moving sideward with Kosa Ashi

Renzoku Kihon (Combination Techniques)

Neko Ashi Dachi

- Shuto Chudan Uke, with front leg Mae Geri, landing on Moto Dachi Gyaku Zuki – Shift back to Neko Ashi and start over
- Chudan Yoko Uke, with front leg Mae Geri Chudan □ followed by back leg Oi Mae Geri Chudan □ landing on Moto Dachi Oi Zuki – Shift back to Neko Ashi and start over
- Chudan Yoko Uke, with front leg Mae Geri, landing on Zenkutsu Dachi Gyaku Zuki – Shift back to Neko Ashi and start over
- Shuto Chudan Uke, with front leg Jodan Mawashi Geri, landing on Moto Dachi Gyaku Zuki – Shift back to Neko Ashi and start over

Renzoku Ido Kihon (Combination Moving Techniques)

Zenkutsu Dachi

Age Uke, Gyaku Zuki □ Moving backward and performing the same set

Moto Dachi Chudan Gamae,

1. With back leg Mae Geri followed by Mawashi Geri followed by Oi zuki on moto dachi (stepping forward) Neko Ashi Dachi
2. Chudan Shuto Uke, with front leg Yoko Gari to the front landing on Moto Dachi Chudan Gyaku Zuki

Kata (Form)

- **HEIAN SANDAN**
- **MATSUMURA –ROHAI**

Kumite (Sparring)

Yakusoku Kihon Kumite or **Kihon Ippon Kumite** (*pre-arranged basic sparring*),

Starting on moto dachi chudan kamae

Gedan Barai, Gyaku Zuki

Chudan Yoko Uke, Gyaku Zuki

Age Uke, Gyaku Zuki

Neko Ashi Dachi, Shuto Uke, Mae Ashi Mae Geri

Shiai Kumite (Point Sparring)





SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



4th Kyu – Blue Belt Time Requirement, 3 months



Kihon (Basics)

Heisoku Dachi & Moto Dachi

Ushiro Geri

Renzoku Kihon (Combination Techniques)

Moto dachi Chudan Gamae

o Mae Geri to the front, Yoko Geri to the side (with one leg)

o Mae Geri to the front, Mawashi Geri to the front (with one leg) o Mae Geri to the front, Ushiro Geri to the back(with one leg)

Renzoku Ido Kihon (Combination Moving Techniques)

Zenkutsu Dachi

Forward - Gedan Barai, Gyaku Zuki - Chudan Yoko Uke, Gyaku Zuki -

Yoko Uchi Uke, Gyaku Zuki - Age Uke, Gyaku Zuki - Moving backward and performing the same set

Moto Dachi Chudan Gamae,

With back leg Mae Geri followed by Mawashi Geri followed by Oi zuki on moto dachi (stepping forward) Neko Ashi Dachi

Chudan Shuto Uke, with front leg Yoko Gari to the front landing on Moto Dachi Chudan Gyaku Zuki

Kata (Form)

- **HEIAN YONDAN,**
- **BASSAI DAI, ,**

Kumite (Sparring)

Yakusoku Kihon Kumite or Kihon Ippon Kumite (*pre-arranged basic sparring*),

Starting on moto dachi chudan kamae

Gedan Barai, Gyaku Zuki

Chudan Yoko Uke, Gyaku Zuki

Age Uke, Gyaku Zuki

Nekoashi Dachi, Shuto Uke, Mae Geri

Hokei Kumite (*Yakusoku Kumite of Heian katas*)

Heian Shodan, Heian Nidan, Heian Sandan

Shiai Kumite (point Sparring)





3rd Kyu - Maroon Belt Time Requirement, 3 months



Renzoku Kihon (Combination Techniques)

Moto dachi Chudan Gamae,

1. Mae Geri to the front, Yoko Geri to the side (with one leg)
2. Mae Geri to the front, Mawashi Geri to the front (with one leg) o Yoko Geri to the side, Mawashi geri to the front (with one leg)

Renzoku Ido Kihon (Combination Moving Techniques)

Zenkutsu Dachi

Moving Forward - Gedan Barai, Gyaku Zuki - Chudan Yoko Uke, Gyaku Zuki - Yoko Uchi Uke, Gyaku Zuki Age Uke, Gyaku Zuki –

Moving backward (**and Backward diagonally**) and performing the same set

Moto Dachi Chudan Gamae

With front leg Mawashi geri followed back leg mae geri followed by Yoko Geri to the front landing on Moto Dachi execute Gyaku Zuki

Kata (Form)

- **HEIAN GODAN,**
- **JUROKU**

Kumite (Sparring)

Uchi Komi or Jyu Ippon Kumite (Pre-Arranged free style sparing by announcement)

Hokei Kumite (Yakusoku Kumite of Heian katas)

Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan

Shiai Kumite (point Sparring)





2nd Kyu - Brown Belt Time Requirement, 3 months



Renzoku Kihon (Combination Techniques)

Moto dachi Chudan Gamae,

- Mae Geri to the front, Yoko Geri to the side (with one leg)
- Mae Geri to the front, Mawashi Geri to the front (with one leg)
- Yoko Geri to the side, Mawashi Geri to the front (with one leg)
- With **front leg**, Ushiro Geri to the back, Mae Geri to the front (with one leg)

Renzoku Ido Kihon (Combination Moving Techniques)

Zenkutsu Dachi

Moving Forward - Gedan Barai, Gyaku Zuki - Chudan Yoko Uke, Gyaku Zuki - Yoko Uchi Uke, Gyaku Zuki - Age Uke, Gyaku Zuki - Moving backward (**and Backward diagonally**) and performing the same set

Moto Dachi Chudan Gamae

Yoko Geri to the front - followed by Ushiro Geri to the front landing on Moto Dachi Gyaku Zuki

Kata (Form)

- **JION**
- **JITTE**
- **AYOGI**

Kumite (Sparring)

Uchi Komi or Jyu Ippon Kumite (Pre-Arranged free style sparring by announcement)

Hokei Kumite (Yakusoku Kumite of Heian katas)

Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan

Shiai Kumite (point Sparring)





1st Kyu- Black Belt Shodan Ho Time Requirement, 3 months



Renzoku Kihon (Combination Techniques)

Moto dachi Chudan Gamae,

Mae Geri to the front, Yoko Geri to the side, Mawashi Geri to the front (with one leg)

Renzoku Ido Kihon (Combination Moving Techniques)

Zenkutsu Dachi

Moving Forward - Gedan Barai, Gyaku Zuki - Chudan Yoko Uke, Gyaku Zuki - Yoko Uchi Uke, Gyaku Zuki - Age Uke, Gyaku Zuki - Moving backward (**and Backward diagonally**) and performing the same set

Moto Dachi Chudan Gamae

With front leg Mae Geri, followed by Yoko Geri to the front, followed by Ushiro Geri to the front landing on Moto Dachi Gyaku Zuki

Kata (Form)

- **BASSAI DAI**
- **SHINSEI**
- **SEIENCHIN**

Kumite (Sparring)

Uchi Komi or Jyu Ippon Kumite (Pre-Arranged free style sparring by announcement)

Hokei Kumite (Yakusoku Kumite of Heian katas)

Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan

Shiai Kumite (point Sparring)





SHITO-RYU KARATE KARATE-DO KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA STUDENT MANUAL



Shodan (Black Belt – 1st Dan) Time Requirement, 6th Month after 1st Kyu)

Renzoku Kihon (Combination Techniques)

Moto dachi Chudan Gamae, Mae Geri to the front, Yoko Geri to the side, Mawashi Geri to the front (with one leg)

Renzoku Ido Kihon (Combination Moving Techniques)

Zenkutsu Dachi

Moving Forward - Gedan Barai, Gyaku Zuki - Chudan Yoko Uke, Gyaku Zuki - Yoko Uchi Uke, Gyaku Zuki

Age Uke, Gyaku Zuki - Moving backward (**and Backward diagonally**) and performing the same set

Neko Ashi Dachi Chudan Yoko Uke, with front leg, Mae Geri followed by Jodan Mawashi Geri, landing on Moto Dachi Gyaku Zuki - shift back to Neko Ashi Dachi with Chudan Yoko Uke and start over

Kata (Form)

Basic – **Sanchin**

- **BASSAI DAI**
- **SEIENCHIN**
- SHINPA,
- KOSOKUN-DAI,
- MIJO,
- SEISAN,
- SAIFA,
- JUROKU
- MATUSUKAZE

- **Mandatory** (**Bassai Dai, Seienchin**)

Tokui (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, Naihanshi Shodan, Bassai Dai, Seienchin, Jion)

Kumite (Sparring)

Shiai Kumite (Point Sparring)

Hokei Kumite (*Yakusoku Kumite of Heian katas*)

Heian Nidan, Heian Shodan, Heian Sandan, Heian Yondan, Heian Godan

Kata Bunkai

HEIAN GODAN

Mandatory (Go-Dan)

Video Recording - **BASSAI DAI**

Nidan (Black Belt – 2nd Dan) Time Requirement, 18 month after shodan





SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



Renzoku Kihon (Combination Techniques)

Moto dachi Chudan Gamae,

Mae Geri to the front, Yoko Geri to the side, Ushiro Geri to the back, Mawashi Geri to the front (with one leg)

Renzoku Ido Kihon (Combination Moving Techniques)

Zenkutsu Dachi

Moving Forward - Gedan Barai, Gyaku Zuki - Chudan Yoko Uke, Gyaku Zuki - Yoko Uchi Uke, Gyaku Zuki

Age Uke, Gyaku Zuki - Moving backward (**and Backward diagonally**) and performing the same set

Neko Ashi Dachi Chudan Yoko Uke, with back leg Jodan Mawashi Geri, followed by Yoko Geri to the front, followed by Ushiro Geri to the front, landing on Moto Dachi Gyaku Zuki - shift back to Neko Ashi Dachi with Shuto Chudan Uke and start over Moto Dachi Chudan Kamae

Stepping forward Oi Zuki Jodan Gyaku Zuki Chudan - step back to Neko Ashi Dachi Shuto Chudan Uke, front leg Mae Geri, with back leg Jodan Mawashi Geri landing on Moto Dachi executing Gyaku Zuki

Kata (Form)

Basic – TENSHOU

- **NIPAPO,**
- **SEIENCHIN**
- **KURURUNFA,**
- **JION,**
- **KOSOKUN-DAI,**
- **SEIPAI,**
- **SHINPA**

Mandatory (NIPAPO, SEIENCHIN)

Tokui (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, Naihanshi Shodan, Bassai Dai, Seienchin, Jion)

Kumite (Sparring)

Shiai Kumite (Point Sparring)

Hokei Kumite (*Yakusoku Kumite of Heian katas*)

Heian Nidan, Heian Shodan, Heian Sandan, Heian Yondan, Heian Godan

Kata Bunkai

Mandatory (Bassai Dai)

Tokui (Candidates will be asked for the Bunkai of the performing their Tokui katas)

Video Recording - SEIENCHIN





SHITO-RYU KARATE KARATE-DO
KEN-EI-MABUNI SHITO-RYU KARATE SCHOOL MAHARASHTRA
STUDENT MANUAL



Sandan (Black Belt – 3rd Dan) Time Requirement, 36 months after Nidan



Renzoku Kihon (Combination Techniques)

Moto dachi Chudan Gamae,

Mae Geri to the front, Yoko Geri to the side, Ushiro Geri to the back, Mawashi Geri to the front (with one leg)

Renzoku Ido Kihon (Combination Moving Techniques)

Neko Ashi Dachi Shuto Chudan Uke, with front leg Mae Geri, followed by Jodan Mawashi Geri, followed by Yoko Geri to the front, followed by Ushiro Geri to the front, landing on Moto Dachi Gyaku Zuki - shift back to Neko Ashi Dachi with Shuto Chudan Uke and start over

Kata (Form)

Basic – NAIHANCHI SHODAN

- CHINTO,
- NIPAPO
- SEIPAI
- WANSHU
- JIN
- SEISAN
- CHINTO
- UNSHU

Mandatory (CHINTO, NIPAPO, SEIPAI)

Tokui (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, Naihanshi Shodan, Bassai Dai, Seienchin, Jion, Seipai, Kosokundai, Matsukaze)

Kumite (Sparring)

Jyu Kumite (Free Style Sparring)

Hokei Kumite (Yakusoku Kumite of Heian katas)

Heian Nidan, Heian Shodan, Heian Sandan, Heian Yondan, Heian Godan

Kata Bunkai

Mandatory (**SEPAI**)

Tokui (Candidates will be asked for the Bunkai of the performing their Tokui katas)

Video Recording - NIPAPO





Shitoryu Karate Katas

Shuri-Te 首里手

Matsumura Sokon
(1809-1896)

Matsumura ha Bassai
Matsumura ha Seisan

Itosu Anko
(1832-1915)

Heian (Pinan) 1-5
Naihanchi 1-3

* Bassai Dai
Bassai Sho
Kosokun Dai
Kosokun Sho
Shiho Kosokun
Jion
Jitte
Jiin
Chinto
Chinte
Gojushiho
Rohai Shodan
Rohai Nidan
Rohai Sandan
Wanshu

Ishimine Peichin
(1825-1889)

Ishimine Bassai

Naha-Te 那覇手

Higaonna Kanryu
(1845-1916)

Sanchin
Saifa
Seipai

* Seienchin
Sanseiru
Shisochin
Suparinpei
Kururunfa
Seisan

Miyagi Chojun
(1888-1953)

Tensho

Tomari-Te 泊手

Aragaki Seisho
(1840-1918)

Niseishi
Sochin
Unshu

Matsumora Kosaku
(1829-1898)

Matsumora ha Bassai (Tomari no Bassai)
* Matsumora ha Rohai (Koshiki Rohai)
Wanshu

Kyan Chotoku
(1870-1945)

Ananko
Chinto (Tomari no Chinto)

Chatan Yara
(1740-1812)

Chatan Yara Kusanku

Shinkichi Kuniyoshi
(1848-1926)

Kuniyoshi Kusanku

Oyadomari Kokan
(1831-1905)

Oyadomari no Bassai

Hakkaku-Ken 白鶴拳

Go Kenki (Wu Xian Hui)
(1886-1940)

Haffa
* Nipaipo
Hakkaku (Hakucho)
Papuren

Kenwa Mabuni
(1889-1952)

Juroku
Matsukaze
Shinsei
Aoyagi
Shinpa

Kenei Mabuni
(1918-)

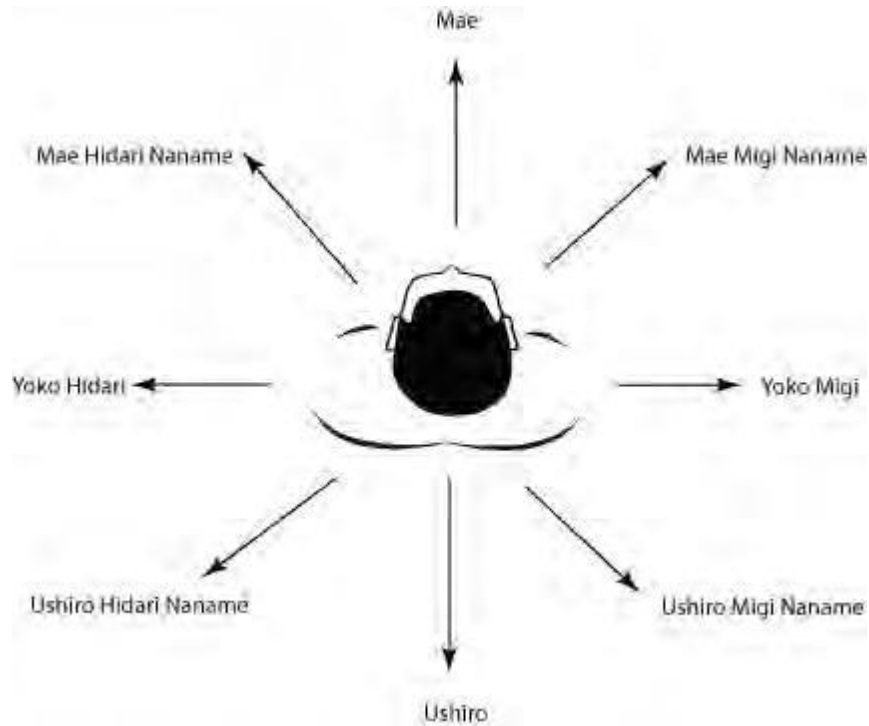
Yottsu no Kata 1-4
Dai Ichi Dosa
Dai Ni Dosa
Dai San Dosa
Dai Yon Dosa

Shinsei Ni
Miyojo

* World Shitoryu Karate-Do Federation (WSKF) and All Japan Karate Federation Shitakai Mandatori (Shitei) Kata.



Tenshin / Hoppo



- 1. Nagashi Uke, Zenkutsu Dachi Gyaku Zuki (Mae)**
- 2. Shiko Dachi Yoku Uchi Uke, Uraken Uchi (Ushiro)**
- 3. Neko Ashi Dachi Shuto Uke, Mae Ashi Mae Geri (Ushiro Naname)**
- 4. Shiko Dachi Chudan Yoko Uchi Uke, Chudan Zuki (Mae Naname)**
- 5. Shiko Dachi Chudan Shotei Uke, Chudan Zuki**