



**KARATE CANADA
CHITO-RYU
DAN TEST GUIDELINES**

February 2012



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Chito-Ryu Dan Grading Syllabus

1.1.1. Kata, Kumite and training time:

<u>Dan</u>	<u>Kata</u>			<u>Kumite</u>	<u>Age</u>	<u>Training (Min)</u>
Shodan	Chinto			Jiyu	Min 16	3 Years
Nidan	Sochin	Tenshin		Jiyu		1 yr after Shodan
Sandan	Rohai-Dai	Sanshiryu	Ryusan	Jiyu		2 yr after Nidan
Yondan	Sanshiryu	Kusanku	Sanchin	Jiyu		3 yr after Sandan
Godan	Ryusan			Jiyu		4 yr after Yondan
Rokudan	Kusanku			X		5 yr after Godan
Hichidan	Free			X		6 yr after Rokudan
Hachidan	Free			X		7 yr after Hichidan

- Also need Kata bunkai.
- Also need to know all Kata and Kihon required prior to the rank attempted.
- Need Jiyu-Kumite (free sparring) for Shodan to Godan (up to 35 yrs. old).

1.1.2. Basic Techniques:

- The following basic techniques are required for Shodan to Godan:

Stances:

Heisoku-dachi. Musubi-dachi. Heiko-dachi. Soto hachiji-dachi. Uchi hachiji-dachi. Shiko ashi-dachi. Seisan-dachi. Kake ashi-dachi. Tsuru ashi-dachi. Neko ashi-dachi. Tate Haza-dachi. Okutsu-dachi.

Punches:

Choku-zuki. San ren-zuki. Kagi-zuki. Jodan ushiro-zuki. Shiko-zuki. Oi-zuki. Mae te-zuki. Gyaku-zuki. Tate-zuki. Heiko-zuki. Oshi-zuki. Kizami-zuki. Sayu-zuki. Ippon ken-zuki. Nakataka ippon ken-zuki. Ura-zuki. Age-zuki. Ren-zuki. Yama-zuki.

Kicks:

Mae-kekomi. Yoko-kekomi. Mae ashi-keage. Ushiro-geri. O uchi mawashi-geri. Ko uchi mawashi-geri. Mawari ushiro-geri. Hittsui. Ura mawashi-geri. Ni dan-geri. Yoko tobi-geri. Soto mawashi-geri. Fumi-komi. Uchi mikazuki-geri. Mae tobi-geri. Soto mikazuki-geri. Otoshi-geri. Ushiro tobi-geri.



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Blocks:

Jodan age-uke. Soto-uke. Uchi-uke. Gedan-barai. Shuto-uke. Haishu-uke. Osae-uke. Uraken-uke. Kakiwake-uke. Kosa-uke. Sukui-uke. Tekubi kake-uke. Tsukami-uke. Soto mikazuki geri-uke. Morote-uke. Teisho-uke. Nami ashi geri-uke.

Strikes:

Shuto-uchi. Uraken-uchi. Tate-empi. Yoko-empi. Mawashi-empi. Jodan ushiro-empi. Ryote ushiro-empi. Otoshi-empi. Teisho-uchi. Heito-uchi. Tettsui-uchi (Ken-Tsui). Nukite. Ura tettsui-uchi (Ken-Tsui). Kakuto-uchi. Hiraken-uchi. Koko.

Kihon:

The Kihon requirement shall be pre-determined by the examiners.

Ren Zoku Waza:

Combination techniques requirements shall be pre-determined by the examiners.

Bunkai:

Chito-Ryu Bunkai requirements shall be pre-determined by the examiners.

Kihon Kumite:

1. Go-hon-kumite
2. San-bon-kumite
3. Ippon-kumite
4. Jiyu-ippou-kumite
5. Jiyu-kumite
6. Bogu-kumite

1.1.3. History:

Questions on General history of karate. History of the founder of Chito-Ryu.
General history on the development of Chito-Ryu in Canada.

1.1.4. Written Test and Thesis:

1. Shodan to Sandan: Short written test.
2. Yondan and above: Prepared Thesis (Prior to Karate Canada Dan Test) Topic to be provided by the examiner upon request

1.1.5. Others:

Questions on Competition rule, etiquette, and concept related to Karate-Do, etc.



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Karate Canada approved standard kata references:

1. Goju, Shoto, Shito, Wado:
 - Karatedo kata model for teaching Shiteigata –JKF and WKF approved reference.
2. Chito:
 - Chito-Ryu Karate-Do Tournament Kata Officiating Guide for Judges 2001 (Chitose Tsuyoshi – Kumamoto City, Japan).

CHITO-RYU KATAS

1. Kihon Kata - Ichi/Ni/San
2. Shihohai
3. Niseishi - Dai
4. Rohai - Sho
5. Rohai - Dai
6. Seisan
7. Bassai
8. Chinto
9. Sochin
10. Tenshin
11. Sanshiryu
12. Ryusan
13. Kusanku
14. Sanchin