



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

February 2012



1. Shito-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>
Sho-Dan	Seienchin	Bassai	Jiyu	Min 16	3 Years
Ni-Dan	Seipai	Jion	Jiyu		1 yr after Sho-Dan
San-Dan	Kosokun Dai	Seisan	Jiyu		2 yr after Ni-Dan
Yon-Dan	Wanshu	Kururunfa	Jiyu		3 yr after San-Dan
Go-Dan	Superimpei	Unshu	Jiyu		4 yr after Yon-Dan
Roku-Dan	Gojushiho	Sochin	Chinto	X	5 yr after Go-Dan
Hichi-Dan	Free	Free	X		6 yr after Roku-Dan
Hachi-Dan	Free	Free	X		7 yr after Hichi-Dan

- Also need Kata bunkai.
- 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 Shodan to Godan:

- Stances: Heisoku-Dachi. Musubi-Dachi. Hachiji-Dachi. Zenkutsu-Dachi. Moto-Dachi. Shiko-Dachi. Nekoashi-Dachi. Kokutsu-Dachi. Heiko-Dachi. Sanchin-Dachi. Kosa-Dachi. Sagiashi-Dachi.
- Blocks: Harai-Uke (Gedanbari-Uke). Yoko-Uke (Soto-Uke). Yoko-Uchi (Uchi-Uke). Age-Uke. Shuto-Uke. Sukui-Uke. Uchiotoshi-Uke. Kosa-Uke. Hijisasa-Uke. Osae-Uke. Kakiwake-Uke. Nagashi-Uke. Shiuko-Uke. Tsuki-Uke. Shotei-Uke (Taisho).
- Trusts: Seiken-Zuki. Oi-Zuki. Gyaku-Zuki. Furi-Zuki. Maete-Zuki. Nihon-Zuki. Age-Zuki. Morote-Zuki. Tate-Zuki. Yonhon-Nukite.
- Strikes: Shuto-Uchi. Ura-Uchi. Kentsui-Uchi. Shotei (Taisho)-Uchi. Haito-Uchi. Hiji-Ate. Koken.
- Kicks: Mae-Geri. Oi-Geri. Yoko Sokuto-Geri. Mawashi-Geri. Ushiro-Geri. Mae ashi-Geri. Fumikomi-Geri. Hiza-Geri. Ushiro Mawashi-Geri. Gyaku Mawashi-Geri. Mae Tobi-Geri. Yoko Tobi-Geri.



KARATE CANADA
SHITO-RYU
DAN TEST GUIDELINES

1.1.3. History:

- Questions on specific history and tradition of Shito-Ryu from its origin to the present time.
- Questions on the history of Shito-Ryu founder.

1.1.4. Karate-Do:

- a) Candidates must have a general understanding and knowledge of Karate-Do.
- b) Candidates must be of good character as vouched by a Bonafide instructor.
- c) Candidates must possess and demonstrate: respect for Karate-Do; a good spirit and a strong mental attitude; regular practice and good physical condition.

1.1.5. Written Essay:

Written essay on an aspect of Karate. Topic determined by examiners.

1.1.6. Others:

- Questions on Competition rules and NCCP.

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).



KARATE CANADA
SHITO-RYU
DAN TEST GUIDELINES

SHITO-RYU KATAS

1. Kihon Kata - Daiichi Dosa - Daiyon Dosa
2. Ten No Kata
3. Chi No Kata
4. Heian Shodan
5. Heian Nidan
6. Heian Sandan
7. Heian Yondan
8. Heian Godan
9. Jitte
10. Jion
11. Jiin
12. Matsukaze (Wankan)
13. Wanshu
14. Rohai
15. Bassai Dai
16. Bassai Sho
17. Tomari Bassai
18. Matsumura Bassai
19. Kosokun Dai
20. Kosokun Sho
21. Shiho Kosokun
22. Chinto
23. Chintei
24. Seienchin
25. Sochin
26. Niseishi
27. Gojushiho
28. Unshu
29. Seisan
30. Naifanchin Shodan
31. Naifanchin Nidan
32. Naifanchin Sandan
33. Aoyanagi
34. Jyuroku
35. Nipaipo
36. Sanchin
37. Tensho
38. Seipai
39. Sanseiru
40. Saifa
41. Sisochin
42. Kururunfa
43. Superimpei
44. Hakkaku
45. Pachu
46. Heiku
47. Paiku
48. Ahnan
49. Annanko