



**KARATE
CANADA**

Chito Ryu Dan Test Guidelines

Revised February 01, 2022

Chito Ryu Dan Grading Syllabus

I. Kata Kumite Goshin jutsu Bunkai Age Training Time

DAN	KATA	Goshin jutsu or Bunkai	KUMITE	AGE (min)	TRAINING (min)
Shodan	Chinto, Kihon kata san	Nage-no-kata	Jiyu 16-34 yrs only.	16 yrs	3 years
Nidan	Sochin, Tenshin	Henshu-ho	Bogu theory & principles	19 yrs	2 yrs after 1-dan
Sandan	Rohai-dai, Sanshiryu	Hanten, Rinten	X	22 yrs	3 yrs after 2-dan
Yondan	<u>Shitei kata 1</u> of : Ryusan, Kusanku, Sanchin. <u>Tokui kata 1</u> of any Chito Ryu kata	Ju-ni-shi, Seiken-no-tori.	X	28 yrs	3 yrs after 3-dan
Godan	<u>Shitei kata 1</u> (examiner's choice). <u>Tokui kata : do 2</u> of any Chito Ryu kata	<u>Goshin jutsu</u> <u>Choice 1</u> (examiner) <u>Choice 2</u> (candidate)	X	35 yrs	3 yrs after 4-dan
Rokudan	<u>Shitei kata 1</u> of: Kusanku, Ryusan	<u>Shitei Bunkai of</u> <u>Shitei kata choice</u>	X	40 yrs	4 yrs after 5-dan
Hichidan	<u>Tokui kata</u> (candidate's choice)	<u>Tokui Bunkai of</u> <u>Tokui kata choice</u>	X	50 yrs	5 yrs after 6-dan
Hachidan	<i>free</i>	<i>free</i>	X	X	X

II. Kata List

Kihon Kata	Kata (principal)	Kata (... continued list)
Kihon-kata-ichi	Shi-ho-hai	Sochin-sho-daime
Kihon-kata-ni	Seisan	Sochin-ni-daime
Kihon-kata-san	Niseishi-sho	Tenshin-sho-daime
	Niseishi-dai	Tenshin-ni-daime
	Rohai-sho	Sanshi-ryu
	Rohai-dai	Kusanku
	Bassai	Ryusan
	Chinto	Sanchin

III. Kihon waza (basic techniques)

TACHI	TSUKI	UCHI	UKE	KERI
Heisoku-dachi	Choku-zuki	Tate-empi-uchi	Jodan-age-uke	Mae-keage
Musubi-dachi	San-ren-zuki	Yoko-empi-uchi	Soto-uke	Mae-ashi-keage
Heiko-dachi	Kagi-zuki	Mawashi-empi-uchi	Uchi-uke	Mae-kekomi
Shiko-dachi	<i>Jodan-ushiro-zuki</i>	Jodan-ushiro-empi	Gedan-barai	Yoko-keage
Kosa-dachi	<i>Shiko-zuki</i>	Ryote-ushiro-empi	Shuto-uke	Yoko-kekomi
Kake-ashi-dachi	<i>Mae-te-zuki</i>	Otoshi-empi	Osae-uke	Ushiro-geri
Neko-ashi-dachi	Gyaku-zuki	Mae-empi	Uraken-uke	Mawashi-geri
Hanza	Oi-zuki	Uraken-uchi	Nagashi-uke	Mawari-ushiro
Sagi-ashi-dachi	<i>Tate-zuki</i>	Teisho-uchi	Haishu-uke	Hittsui
Seisan-dachi	Heiko-zuki	Kentsui-uchi	Kosa-uke	Ura-mawashi
Chokusen-seisan	Oshi-zuki	Shuto-uchi	Sukui-uke	Soto-mawashi
Okutsu-dachi	Kizami-zuki	Heito-uchi	Tekubi-kake-uke	Fumi-komi
Sanchin-dachi	Sayu-zuki	Nukite	Tsukami-uke	Mikazuki-geri
Kiba-dachi	Ippon-ken-zuki	Ura-kentsui-uchi	Kakiwake-uke	Ni-dan-geri
Soto-hachi-dachi	Nakataka-ken-zuki	Kakuto-uchi	Kote-uke	Mae-tobi-geri
Uchi-hachi-dachi	Ura-zuki	Koko-uchi	Mika-zuki-geri-uke	Yoko-tobi-geri
Tokushu-dachi	Age-zuki	Hiraken-uchi	Naiwan-uke	Ushiro-tobi-geri
Sochin-dachi	Ren-zuki	Ryote-nukite	Morote-uke	Mawari-ushiro-tobi
Sanshin-dachi	Yama-zuki		Kentsui-uke	
			Hoken-uke	
			Maki-otoshi-uke	
			Teisho-uke	
			Nami-ashi-geri-uke	

KIHON: The *kihon* requirements shall be pre-determined by the examiners.

KNOWLEDGE: The examiner may ask questions about the style history of Chito Ryu as well as questions on competition rules, etiquette and concepts related to *karate-do*.

Karate Canada Approved Standard Kata References:

1. Goju, Shoto, Shito, Wado: Karate-do kata model for teaching *Shiteigata* – JKF & WKR references.
2. Chito: *Chito Ryu Karate-do Tournament Kata Officiating Guide for Judges 2001* – Chitose Tsuyoshi (Kumamoto City, Japan).