

Shitoryu Karate Do



Kyu & Dan Syllabuses













Prepared by

Bangladesh Shitoryu Karate-do Union
Dhaka, Bangladesh

www.bsku.net

Time & Requirement for Kyu Exam

Kyu	Belts	Color	Time Requirement	Kata required
9 th Kyuu Kyu		White	3 months	Kihon katas
8 th Hachi kyu		Orange 3 stripe	3 months	Heian Shodan
7 th Shichi kyu		Orange 2 stripe	3 months	Heian Nidan
6 th Roku Kyu		Orange 1 stripe	3 months	Heian Sandan
5 th Go kyu		Orange	3 months	Heian Yondan
4 th Yon kyu		Brown 3 stripes	3 months	Heian Godan
3 rd San kyu		Brown 2 stripes	3 months	Shinsei, Wanshu
2 nd Ni kyu		Brown 1 stripes	3 months	Jitte, Jion
1 st Ichi kyu		Brown	4 months	Shinpa
Shodan		Black	1 year	Bassai dai, Seienchin

Dan Grading

(As per Asia Pacific Shitoryu Karate-do Federation syllabus)

SHODAN (1st Dan) GRADING SYLLABUS

A. QUALIFICATION / REQUIREMENT

1. Candidate must be a person of good character.
2. Candidate must be a valid member of the BKF affiliates.
3. Candidate must be minimum 16 years of age.
4. Candidate must be 1st Kyu and active training for the past 3 months prior to the grading.

B. SYLLABUS

1. BASIC PRINCIPLES AND KNOWLEDGE

- i. Knowledge on the history and development of Shitoryu Karatedo.
- ii. Understanding of Japanese terms on stances, blocks, kicks and punches.
- iii. Knowledge of 8 Directions of Body Shift (Tenshin-ha[8]-poh).

2. SHITORYU KATAS

- i. Compulsory Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Bassai Dai
 - (b) Higaonna – Seienchin
- ii. Free Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Jion, Jitte, Bassai Dai
 - (b) Higaonna – Seisan, Seienchin
 - (c) Others – Jyuroku

Notes

- (1) Your choices of “Compulsory Kata” and “Free Kata” must be from different Groups.
- (2) To demonstrate the Bunkai of every Kata performed in the examination and explain the techniques.

3. JYUU KUMITE

- i. 2 rounds with different opponents to demonstrate the spirit of Shitoryu Karatedo and the applications of punching, striking, kicking, sweeping, throwing, blocking and other techniques in Kumite.

NIDAN (2nd Dan) GRADING SYLLABUS

A. QUALIFICATION / REQUIREMENT

1. Candidate must be a person of good character.
2. Candidate must be a valid member of the BKF affiliates.
3. Candidate must be minimum 18 years of age.
4. Candidate must be BKF Shodan for at least 1 year and active in training.
5. Candidate must have some experience in teaching.

B. SYLLABUS

1. BASIC PRINCIPLES AND KNOWLEDGE

- i. Knowledge on the history and development of Shitoryu Karatedo.
- ii. Understanding of Japanese terms on stances, blocks, kicks and punches.
- iii. Knowledge of 8 Directions of Body Shift (Tenshin-ha[8]-poh).
- iv. Knowledge of 5 Basic Footworks (Tenpo-go[5]-soku).
- v. Knowledge of 5 Principles of Blocking (Uke-no-go[5]-genri).

2. SHITORYU KATAS

- i. Compulsory Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Bassai Dai
 - (b) Higaonna – Seienchin
- ii. Free Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Jion, Jiin, Wanshu, Kosokun Dai
 - (b) Higaonna – Seisan, Seipai, Shisochin
 - (c) Others – Jyuroku, Shimpa, Matsukaza, Matsumura Rohai

Notes

- (1) Your choices of “Compulsory Kata” and “Free Kata” must be from different Groups.
- (2) To demonstrate the Bunkai of every Kata performed in the examination and explain the techniques.

4. JYUU KUMITE

- i. 2 rounds with different opponents to demonstrate the spirit of Shitoryu Karatedo and the applications of punching, striking, kicking, sweeping, throwing, blocking and other techniques in Kumite.

SANDAN (3rd Dan) GRADING SYLLABUS

A. QUALIFICATION / REQUIREMENT

1. Candidate must be a person of good character.
2. Candidate must be a valid member of the BKF affiliate.
3. Candidate must be minimum 20 years old.
4. Candidate must be BKF Nidan for at least 2 years and active in training.
5. Candidate must have experience in teaching.

B. SYLLABUS

1. BASIC PRINCIPLES AND KNOWLEDGE

- i. Knowledge on the history and development of Shitoryu Karatedo.
- ii. Understanding of Japanese terms on stances, blocks, kicks and punches.
- iii. Knowledge of 8 Directions of Body Shift (Tenshin-ha[8]-poh).
- iv. Knowledge of 5 Basic Footworks (Tenpo-go[5]-soku).
- v. Knowledge of 5 Principles of Blocking (Uke-no-go[5]-genri).

2. SHITORYU KATAS

- i. Compulsory Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Bassai Dai
 - (b) Higaonna – Seienchin
- ii. Free Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Jion, Jiin, Shiho Kosokun, Kosokun Dai, Gojushiho
 - (b) Higaonna – Seisan, Seipai, Kururunfa, Shisochin, Suparinpai
 - (c) Others – Matsumura Rohai, Sochin, Niseishi, Nipaipo

Notes

- (1) Your choices of “Compulsory Kata” and “Free Kata” must be from different Groups.
- (2) To demonstrate the Bunkai of every Kata performed in the examination and explain the techniques.

5. JYUU KUMITE

- i. 2 rounds with different opponents to demonstrate the spirit of Shitoryu Karatedo and the applications of punching, striking, kicking, sweeping, throwing, blocking and other techniques in Kumite.

YONDAN (4th Dan) GRADING SYLLABUS

A. QUALIFICATION / REQUIREMENT

1. Candidate must be a person of good character.
2. Candidate must be a valid member of the BKF affiliate.
3. Candidate must be minimum 23 years old.
4. Candidate must be BKF Sandan for at least 2 years and active in training.
5. Candidate must have experience in teaching.

B. SYLLABUS

1. BASIC PRINCIPLES AND KNOWLEDGE

- i. Knowledge on the history and development of Shitoryu Karatedo.
- ii. Understanding of Japanese terms on stances, blocks, kicks and punches.
- iii. Knowledge of 8 Directions of Body Shift (Tenshin-ha[8]-poh).
- iv. Knowledge of 5 Basic Footworks (Tenpo-go[5]-soku).
- v. Knowledge of 5 Principles of Blocking (Uke-no-go[5]-genri).
- vi. Knowledge on WKF competition rules.

2. SHITORYU KATAS

- i. Compulsory Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Bassai Dai
 - (b) Higaonna – Seienchin
- ii. Free Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Chinto, Shiho Kosokun, Kosokun Dai, Gojushiho
 - (b) Higaonna – Seisan, Seipai, Kururunfa, Shisochin, Suparinpai
 - (c) Others – Matsumura Rohai, Sochin, Nipaipo, Unshu

Notes

- (1) Your choices of “Compulsory Kata” and “Free Kata” must be from different Groups.
- (2) To demonstrate the Bunkai of every Kata performed in the examination and explain the techniques.

6. JYUU KUMITE

- i. 2 rounds with different opponents to demonstrate the spirit of Shitoryu Karatedo and the applications of punching, striking, kicking, sweeping, throwing, blocking and other techniques in Kumite.

GODAN (5th Dan) GRADING SYLLABUS

A. QUALIFICATION / REQUIREMENT

1. Candidate must be a person of good character.
2. Candidate must be a valid member of the BKF affiliate.
3. Candidate must be minimum 26 years old.
4. Candidate must be BKF Yondan for at least 3 years and active in training.
5. Candidate must have experience in teaching.

B. SYLLABUS

1. BASIC PRINCIPLES AND KNOWLEDGE

- i. Knowledge on the history and development of Shitoryu Karatedo.
- ii. Understanding of Japanese terms on stances, blocks, kicks and punches.
- iii. Knowledge of 8 Directions of Body Shift (Tenshin-ha[8]-poh).
- iv. Knowledge of 5 Basic Footworks (Tenpo-go[5]-soku).
- v. Knowledge of 5 Principles of Blocking (Uke-no-go[5]-genri).
- vi. Knowledge on WKF competition rules.

2. SHITORYU KATAS

- i. Compulsory Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Bassai Dai
 - (b) Higaonna – Seienchin
- ii. Free Kata & Bunkai (Choose one Kata from the Groups below) –
 - (a) Itoshu – Chinto, Shiho Kosokun, Kosokun Dai, Gojushiho
 - (b) Higaonna – Seisan, Seipai, Kururunfa, Shisochin, Suparinpai
 - (c) Others – Matsumura Rohai, Sochin, Nipaipo, Unshu

Notes

- (1) Your choices of “Compulsory Kata” and “Free Kata” must be from different Groups.
- (2) To demonstrate the Bunkai of every Kata performed in the examination and explain the techniques.

7. JYUU KUMITE

- i. 2 rounds with different opponents to demonstrate the spirit of Shitoryu Karatedo and the applications of punching, striking, kicking, sweeping, throwing, blocking and other techniques in Kumite.