

Shitoryu Karate APEX

Shitoryu Karaté APEX



Student Manual - Kyu & Dan Syllabuses

Manuel de l'étudiant - Programme d'évaluation Kyu et Dan



何ごとも打ちあすれたり
ひたすらに武の島せして

漕ぐぞたのしき

遺句















流祖摩文仁賢和

Master Kenwa Mabuni, Founder of Shitoryu Karate

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



Avancé en Ceintures (*Blanche à noire 4 eme degré*)

Kyu	Ceinture	Temps Requis	Kata requis
9-Ku KYU	 Blanche	4 @ 6 mois ou à la discrétion de Sensei	SHIHO UKE
8-Hachi KYU	 Barre Jaune	4 @ 6 mois ou à la discrétion de Sensei	HEIAN NIDAN + HEIAN SANDAN
7-Shichi KYU	 Jaune	4 @ 6 mois ou à la discrétion de Sensei	HEIAN SHODAN + HEIAN YODAN
6-Roku KYU	 Orange	4 @ 6 mois ou à la discrétion de Sensei	HEIAN GODAN + SHINSEI
5-Go KYU	 Verte	4 @ 6 mois ou à la discrétion de Sensei	JUROKU + SAIFA
4-Yon KYU	 Bleu	4 @ 6 mois ou à la discrétion de Sensei	JITTE + SHINSEI NI
3-San KYU	 Brune	Minimum 12 mois ou à la discrétion de Sensei	BASSAI DAI + MATSUMORA ROHAI
2-Ni KYU	 Brune 1 Barre	Minimum 12 mois ou à la discrétion de Sensei	SEIENCHIN + JION
1-Ikkyu	 Brune 2 Barres	Minimum 12 mois ou à la discrétion de Sensei	KOSOKUN DAI + SEISAN
SHODAN	 SHODAN 14 ans âge requis	Minimum 12 mois ou à la discrétion de Sensei	*BASSAI DAI (BUNKAI), SEIENCHIN , Heian Shodan to Heian Godan, Naihanchi Shodan, Sisochin, Ananko TOKUI KATA + HOKEI KUMITE 1 - 5
NIDAN	 NIDAN 17 ans âge requis	Minimum 24 mois ou à la discrétion de Sensei	*SEIENCHIN (BUNKAI) TOKUI KATA (BUNKAI) Heian Shodan to Heian Godan, Seipai, Nipaipo, Matsukaze TOKUI KATA + HOKEI KUMITE 1 - 5
SANDAN	 SANDAN 21 ans âge requis	Minimum 36 mois ou à la discrétion de Sensei	*NIPAIPO, TOKUI KATA (BUNKAI) Heian Shodan to Heian Godan, Suparimpei, Kosokun sho, Wanshu TOKUI KATA + HOKEI KUMITE 1 - 5
YONDAN	 YONDAN 26 ans âge requis	Minimum 48 mois ou à la discrétion de Sensei	*TOKUI KATA (BUNKAI) *BASSAI DAI (BUNKAI), SEIENCHIN MATSUMORA ROHAI, NIPAIPO (performer les 4 Katas + 3 bunkais au choix pour chacun des katas) Gojushiho, Unshu, Kururunfa
GODAN	 GODAN 32 ans âge requis	Minimum 60 mois ou à la discrétion de Sensei	

*Du 9 eme kyu @ Yodan, les katas imprimés en **bleu** sont obligatoires et ceux en **rouge** sont libre aux choix

9th Kyu - Temps requis, 4 @ 6 mois



Tachi Kata (Stances)

- Heisoku Dachi
- Musubi Dachi
- Heiko Dachi
- Hachiji Dachi
- Moto Dachi
- Zenkutsu Dachi

Kihon (Basics)

- **Hachiji Dachi**
 - Chudan Zuki
 - Jodan Zuki
 - Gedan Barai
 - Chudan Yoko Uke
 - Yoko Uchi Uke
 - Age Uke
- **Heisoku Dachi**
 - Mae Geri
- **Moto Dachi & Zenkutsu Dachi**
 - Mae Te Zuki (Jun Zuki)
 - Gyaku Zuki
 - Jodan Zuki
 - Gedan Barai
 - Chudan Yoko Uke
 - Yoko Uchi Uke
 - Age Uke
 - Mae Geri

Ido Kihon (Moving Techniques)

- **Moto Dachi & Zenkutsu Dachi** (Forward on Zenkutsu Dachi, on return use Moto Dachi)
 - Oi Zuki
 - Gyaku Zuki
 - Gedan Barai
 - Chudan Yoko Uke
 - Yoko Uchi Uke
 - Age Uke

Kata (Form)

- Shiho Uke

8th Kyu - Temps requis, 4 @ 6 mois



Tachi Kata (Stances)

- Shiko Dachi
- Neko Ashi Dachi

Kihon (Basics)

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Moto Dachi <ul style="list-style-type: none"> • Jodan Shuto Uchi • Shuto Yoko Uchi • Mae Geri (<i>front leg and back leg</i>) | <ul style="list-style-type: none"> • Hachiji Dachi <ul style="list-style-type: none"> • Uraken Uchi • Uraken Yoko Uchi • Yoko Hiji Ate • Ushiro Hiji Ate • Tate Hiji Ate • Kentsui Uchi | <ul style="list-style-type: none"> • Shiko Dachi <ul style="list-style-type: none"> • Chudan Zuki • Jodan Zuki • Nido Zuki • Otoshi Hiji Ate • Chudan Hiji Ate • Shuto Gedan Barai (to the sides) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Ido Kihon (Moving Techniques)

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

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)

- Heian Nidan
- Heian Sandan

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
- **Hokei Kumite**
- Heian Nidan

7th Kyu - Temps requis, 4 @ 6 mois



Kihon (Basics)

- **Moto Dachi**
 - Mawashi Geri
- **Neko Ashi Dachi**
 - Shuto Chudan Uke
 - Mae Ashi Mae Geri (*kick with front leg*)

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
- Heian Yondan

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
- **Hokei Kumite**
- Heian Nidan, Heian Sandan

6th Kyu - Temps requis, 4 @ 6 mois



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 Godan
- Shinsei

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
- **Hokei Kumite**
- Heian Nidan, Heian Sandan, Heian Shodan

5th Kyu - Temps requis, 4 @ 6 mois



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**
 - 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 front leg Chudan Mae Geri, Ushiro Ashi Oi Yoko Geri, landing on Moto Dachi Gyaku Zuki
 - With front leg Mawashi Geri Chudan, Back to Moto Dachi, with the back leg Mawashi Geri Jodan → landing on moto dachi then execute Gyaku Zuki
 - Chudan Mae Geri followed by → Mawashi Geri, followed by → Yoko Geri, landing on Moto Dachi Gyaku Zuki

Kata (*Form*)

- Juroku
- Saifa

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*)
- **Hokei Kumite**
- Heian Nidan, Heian Sandan, Heian Shodan, Heian Yondan



4th Kyu - Temps requis, 4 @ 6 mois



Kihon (Basics)

Heisoku Dachi & Moto Dachi

- Ushiro Geri

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)
 - Mae Geri to the front, Ushiro Geri to the back(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 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)

- Jitte
- Shinsei 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
 - Nekoashi Dachi, Shuto Uke, Mae Geri
- **Hokei Kumite** (*Yakusoku Kumite of Heian katas*)
 - Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan
- **Shiai Kumite** (point Sparring)



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3rd Kyu - Temps requis, 12 mois



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)

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*)

- Bassai dai
- Matsumora rohai, Kihon Kata, Tokui Kata

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)**



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2nd Kyu - Temps requis, 12 mois



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*)

- Seienchin
- Jion Kihon Kata, Tokui Kata

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)**



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1st Kyu - Temps requis, 12 mois



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*)

- Kosokun dai
- Seisan Kihon Kata, Tokui Kata

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)**



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Shodan (Black Belt – 1st Dan) Time Requirement, one year 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)

- **Mandatory** (Bassai Dai Bunkai, Seienchin)
- **Tokui + Bunkai** (Heian Shodan to Godan, Ananko, Shisochin, Naihanchi Shodan)

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)



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

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)

- **Mandatory** Seinchin Bunkai
- **Tokui + Bunkai** Heian Shodan to Godan, Seipai, Nipaipo, Matsukaze

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



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Sandan (Black Belt – 3rd Dan) Time Requirement, 3 years 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)

- **Mandatory** Nipaipo Bunkai
- **Tokui + Bunkai** (Heian Shodan to Godan, Suparimpei, Kosokun sho, Wanshu)

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 (Bassai Dai, Seienchin, Nipaipo)
- Tokui (Candidates will be asked for the Bunkai of the performing their Tokui katas)



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Yondan (Black Belt – 4th Dan) - Time Requirement, 4 years after Sandan

Renzoku Ido Kihon (Combination Moving Techniques)

Neko Ashi Dachi Shuto Chudan Uke, with front leg Chudan Mawashi Geri, followed by Mae Geri with back leg then put the leg back to original position on Neko Ashi then with the same back leg execute Jodan Mawashi Geri to the front then → put the leg forward to Moto dachi then , followed by Yoko Geri to the front, → followed by Ushiro Geri with the other leg to the front, landing on Moto Dachi Gyaku Tsuki ← shift back to Neko Ashi Dachi with Shuto Chudan Uke and start over the same combination.

Moto Dachi Chudan Kamae → Step forward to Zenkutsu Dachi execute Nido Tsuki (Jodan Oi Tsuki, Chudan Gyaku Tsuki) ← step backward on Neko Ashi Dachi Chudan Shuto Uke then with front leg Chudan Sokuto Yoko Geri to the front followed by Ushiro Geri with other leg then Landing on Moto Dachi Gyaku Tsuki finishing with Chudan Kamae

Neko ashi dachi, Shuto Chudan Uke, with front leg Mae geri → followed by Mawashi Geri Jodan with back leg, then land on Moto Dachi execute Gyaku Tsuki ← then step back to Zenkutsu Dachi Chudan Yoko Uke followed by back leg Maegeri then put leg back to same position on Zenkutsu Dachi execute Gyaku Tsuki then followed by Yoko Geri to the front with back leg, → followed by Ushiro Geri with the other leg to the front, landing on Moto Dachi Gyaku Tsuki then Shift Back to Neko Ashi Dachi Shuto Chudan Uke and start over the same Combination.

Kata (Form)

Mandatory BassaiDai, Seienchin, Nipaipo, Matsumora Rohai (Performmer les 4 Katas + 3 bunkais au choix pour chacun des kates)

Tokui Kata (Bunkai) Gojushiho, Unshu, Kururunfa

Kumite (Sparring)

Jyu Kumite (Free Style Sparring)

Shitoryu Karate Uke no 5 Gensoku (Uke 5 ho)

Candidates must explain and show practically the 5 principles of Shitoryu blocking system

Shitoryu Karate Uke no Kaisetsu

Candidates must explain and show practically the application of following block; *Mawashi Uke, Sasae Uke, Ura Uke, Sashite, Wa Uke, Kakete, Uke Nagashi, Sukui Uke, Sukui Dome, Furisute*

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

Gojushihō

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 (Hakuchō)

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



**APEX
KARATE
DOJO**

Arts martiaux CrossTraining

Student Manual / Manuel de l'étudiant

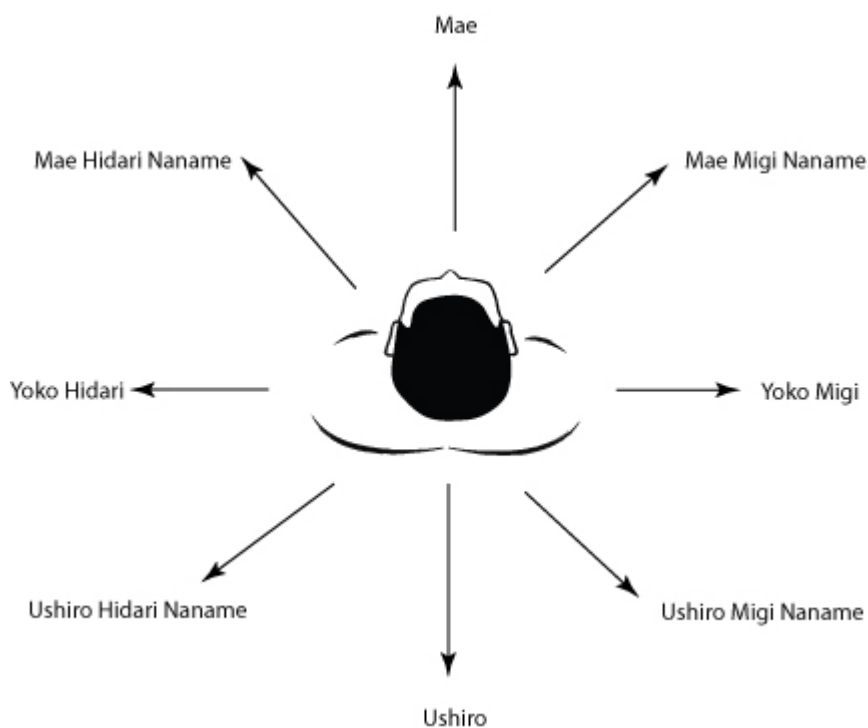


**APEX
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Tenshin / Happo



- 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 Yoku Uchi Uke, Chudan Zuki (Mae Naname)**
- 5. Shiko Dachi Chudan Shotei Uke, Chudan Zuki**



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Uke no Go Gensoku (Shitoryu's 5 Principles of Blocking)

Shitoryu's Characteristics

Shitō-ryū is a combination style, which attempts to unite the diverse roots of karate. On one hand, Shitō-ryū has the physical strength and long powerful stances of Shuri-te derived styles, such as Shorin-ryū and Shotokan (松涛館), on the other hand Shitō-ryū has circular and eight-directional movements, breathing power, hard and soft characteristics of Naha-te and Tomari-te (泊手) styles, such as Gōjū-ryū (剛柔流). Shitō-ryū is extremely fast, but still can be artistic and powerful. In addition, Shitō-ryū formalizes and emphasizes the five rules of defense, developed by **Kenwa Mabuni**, and known as Uke no go gensoku (受けの五原則), Uke no go genri (受けの五原理) or Uke no go ho (受けの五法).

- 落花 (**rakka, "falling petals"**). The art of blocking with such force and precision as to completely destroy the opponent's attacking motion. Examples of rakka are the most well-known blocks, such as *gedan-barai* (下段払い) or *soto-uke* (外受け).
- 流水 (**ryūsui, "running water or Flowing Water"**). The art of flowing around the attacker's motion, and through it, soft blocking. Examples are *nagashi-uke* (流し受け) and *osae-uke* (押さえ受け).
- 屈伸 (**kusshin, "elasticity or Darting out and in"**). This is the art of bouncing back, storing energy while recoiling from the opponent's attack, changing or lowering stance only to immediately unwind and counterattack. Classic examples are stance transitions *zenkutsu* (前屈立ち) to *kōkutsu* (後屈立ち) and *moto-dachi* (基立ち) to *nekoashi-dachi* (猫足立ち).
- 転位 (**ten'i, "transposition or rolling the body by stepping out"**). *Ten'i* is the utilization of all eight directions of movement, most importantly stepping away from the line of attack.
- 反撃 (**hangeki, "counterattack"**). A *hangeki* defense is an attack which at the same time deflects the opponent's attack before it can reach the defender. Examples of this are various kinds of *zuki-uke* (突き受け), including *yama-tsuki* (山突き) or Morote Tsuki or Awase Tsuki.