Shitoryu Karate Kenkai
Kyu Grading Syllabus (Children, Youth and Adults)

1. Children (aged 7 or under)

Grading	Belt	Kihon	Kata	Kumite	Oral*	Conditioning
To 9th Kyu	Yellow	See Appendix 1 "Kihon content"	—	—	8 questions	20 knuckle push-ups 20 sit-ups Stance hold 2 min
To 8th Kyu	Yellow		—	2 bouts	8 questions	
To 7th Kyu	Green		Heian Nidan	2 bouts	8 questions	30 knuckle push-ups 30 sit-ups Stance hold 3 min
To 6th Kyu	Green		Heian Sandan	2 bouts	10 questions	
To 5th Kyu	Purple		Heian Shodan	2 bouts	10 questions	40 knuckle push-ups 40 sit-ups Stance hold 4 min
To 4th Kyu	Purple		Heian Yondan	2 bouts	10 questions	

2. Youth and adults (aged 8 or above)

Grading	Belt	Kihon	Kata	Kumite	Oral*	Conditioning
To 9th Kyu	Yellow	See Appendix 2 "Kihon content"	—	—	10 questions	30 knuckle push-ups 30 sit-ups Stance hold 3 min
To 8th Kyu	Yellow		Heian Nidan	2 bouts	10 questions	
To 7th Kyu	Green		Heian Nidan, Heian Sandan	2 bouts	10 questions	
To 6th Kyu	Green		Heian Sandan, Heian Shodan	2 bouts	12 questions	
To 5th Kyu	Purple		Heian Shodan, Heian Yondan	2 bouts	12 questions	40 knuckle push-ups 40 sit-ups Stance hold 4 min
To 4th Kyu	Purple		Heian Yondan, Heian Godan	2 bouts	12 questions	
To 3rd Kyu	Brown		Bassai Dai	3 bouts	16 questions	50 knuckle push-ups 50 sit-ups Stance hold 5 min
			Heian Shodan–Godan (one drawn by examiner)		Stance standards	
To 2nd Kyu	Brown		Seienchin	3 bouts	16 questions	
			Heian Shodan–Godan (one drawn by examiner)		Stance standards	
To Black Belt (pre-Dan)	Black		Seienchin, Bassai Dai	3 bouts	20 questions	
			Heian Shodan–Godan (one drawn by examiner)		Stance standards	

Notes:

- Candidates for 9th Kyu are not examined on kata.
- **All candidates aged 16 or above, and all candidates for 3rd Kyu, are examined on bunkai and stance standards.**
- Candidates must have an attendance rate of at least 80% and a recommendation from their dojo instructor to take the grading.
- After attaining 3rd Kyu (brown belt), candidates must train continuously for at least six months before taking the next grading.
- Candidates for Black Belt (pre-Dan) must have held 2nd Kyu for at least six months, have trained continuously for at least six months, and be recommended by their dojo instructor.
- * For the oral test, see Appendix 4 (Terminology) and Appendix 5 (Stance standards)

Shitoryu Karate Kenkai
Kyu Grading Syllabus (Seniors)

Seniors (aged 50 or above)

Grading	Recommended grade	Belt	Kihon	Kata	Bunkai	Kumite	Oral*	Conditioning
To 9th Kyu	8th Kyu	Yellow	See Appendix 2 “Kihon content”	Heian Nidan	1 sequence	/	8 questions	30 knuckle push-ups 30 sit-ups Stance hold 3 min
To 7th Kyu	6th Kyu	Green		Heian Sandan	1 sequence	/	8 questions	
To 5th Kyu	4th Kyu	Purple		Heian Shodan	1 sequence	/	10 questions	
To 3rd Kyu	/	Brown		Bassai Dai	1 sequence	Kumite scoring techniques	10 questions	40 knuckle push-ups 40 sit-ups Stance hold 4 min
				Heian Yondan	1 sequence		Stance standards	
To 2nd Kyu	/	Brown		Seienchin	1 sequence		10 questions	
				Heian Godan	1 sequence		Stance standards	
To Black Belt (pre-Dan)	/	Black		Seienchin, Bassai Dai	1 sequence		14 questions	50 knuckle push-ups 50 sit-ups Stance hold 5 min
				Heian Shodan–Godan (one of own choice)	1 sequence		Stance standards	

Notes:

- Candidates must have an attendance rate of at least 80% and a recommendation from their dojo instructor to take the grading.
- After attaining 3rd Kyu (brown belt), candidates must train continuously for at least six months before taking the next grading.
- Candidates for Black Belt (pre-Dan) must have held 2nd Kyu for at least six months, have trained continuously for at least six months, and be recommended by their dojo instructor.
- Bunkai refers to the first sequence of movements of the kata being examined.
- **Candidates for 3rd Kyu must demonstrate kumite scoring techniques.**
- Candidates may choose whether to take part in the conditioning test according to their own physical condition.
- * For the oral test, see Appendix 4 (Terminology) and Appendix 5 (Stance standards)

Shitoryu Karate Kenkai
Dan Grading Syllabus

Youth and adults (aged 8 or above)

<table>
<tr><th>Grading</th><th>Kihon</th><th>Designated kata</th><th>Kata of choice (one)</th><th>Kata drawn by examiner (one)</th><th>Kumite</th><th>Oral</th><th>Conditioning</th></tr>
<tr><td rowspan="2">To 1st Dan</td><td rowspan="6">See Appendix 3
“Dan grading kihon content (youth and adults)”</td><td>Sanchin</td><td>Seienchin</td><td rowspan="2">Heian kata</td><td rowspan="2">3 bouts</td><td rowspan="6">Oral explanation of all kata examined</td><td rowspan="3">50 knuckle push-ups
50 sit-ups
Stance hold 5 min</td></tr>
<tr><td>Juroku</td><td>Bassai Dai</td></tr>
<tr><td rowspan="2">To 2nd Dan</td><td>Tensho</td><td>Nipaipo</td><td rowspan="2">Heian kata</td><td rowspan="2">3 bouts</td></tr>
<tr><td>Kousoukun Dai</td><td>Matsumura Rohai</td></tr>
<tr><td rowspan="2">To 3rd Dan</td><td rowspan="2">Naifanchin Shodan</td><td>Jion</td><td>Seienchin</td><td rowspan="2">3 bouts</td><td rowspan="4">—</td></tr>
<tr><td>Kururufa</td><td>Bassai Dai</td></tr>
<tr><td rowspan="2">To 4th Dan</td><td rowspan="2">—</td><td>Seisan</td><td>Seienchin</td><td rowspan="2">3 bouts</td></tr>
<tr><td>Sochin</td><td>Bassai Dai</td></tr>
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Notes:

- All youth and adult candidates (aged 8 or above) are examined on bunkai, except for Sanchin, Tensho and Naifanchin Shodan.
- Black Belt (pre-Dan): must have held 2nd Kyu for at least six months, have trained continuously for at least six months, and be recommended by their dojo instructor.
- 1st Dan: must have held Black Belt (pre-Dan) for at least one year, have trained or taught continuously for at least one year, and be recommended by their dojo instructor.
- 2nd Dan: must have held 1st Dan for at least one year, have trained or taught continuously for at least one year, and be recommended by their dojo instructor.
- 3rd Dan: must have held 2nd Dan for at least one year, have trained or taught continuously for at least one year, and be recommended by their dojo instructor.
- 4th Dan: must have held at least 3rd Dan for two years, have trained or taught continuously for at least two years, and be recommended by two presidents.
- Candidates with an attendance rate of at least 80% in the Black Belt Preparation Class may be given priority for recommendation.
- Candidates who have not joined the Black Belt Preparation Class must have an attendance rate of at least 90% and a recommendation from their dojo instructor to take the grading.
- Candidates under 18 may be recommended up to 2nd Dan only.

Shitoryu Karate Kenkai
Kyu Grading “Kihon” Content (Children)

	To 9th Kyu	To 8th Kyu	To 7th Kyu	To 6th Kyu	To 5th Kyu	To 4th Kyu
1	Moto Dachi, Jodan Oi Tsuki	Moto Dachi, Jodan Oi Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki	Moto Dachi, Jodan Oi Tsuki	Moto Dachi, Jodan Oi Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki
2	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Jodan Age Uke	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki	Nekoashi Dachi, Chudan Kakete Uke
3	Zenkutsu Dachi, Jodan Age Uke	Zenkutsu Dachi, Jodan Age Uke	Nekoashi Dachi, Chudan Yoko Uke	Nekoashi Dachi, Chudan Shutou Uke	Nekoashi Dachi, Chudan Shutou Uke	Nekoashi Dachi, Chudan Shutou Uke
4	Shiko Dachi, Gedan Barai Uke	Shiko Dachi, Shutou Gedan Barai Uke	Shiko Dachi, Shutou Gedan Barai Uke	Shiko Dachi, Shutou Gedan Barai Uke	Shiko Dachi, Shutou Gedan Barai Uke	Shiko Dachi, Shutou Gedan Barai Uke
5	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri
6					Moto Dachi, Chudan Yoko Geri	Moto Dachi, Chudan Yoko Geri

Shitoryu Karate Kenkai
Kyu Grading “Kihon” Content (Youth and Adults)

	To 9th Kyu	To 8th Kyu	To 7th Kyu	To 6th Kyu	To 5th Kyu	To 4th Kyu	To 3rd Kyu	To 2nd Kyu	To Black Belt (pre-Dan)
1	Moto Dachi, Jodan Oi Tsuki	Moto Dachi, Jodan Oi Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Sandan Tsuki	Zenkutsu Dachi, Sandan Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki	Moto Dachi, Jodan Oi Tsuki
2	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Jodan Age Uke	Zenkutsu Dachi, Sandan Tsuki	Zenkutsu Dachi, Sandan Tsuki	Shiko Dachi, Gedan Barai Uke	Zenkutsu Dachi, Chudan Mae Hiji Ate	Nekoashi Dachi, Chudan Shutou Uke	Zenkutsu Dachi, Chudan Gyaku Tsuki
3	Zenkutsu Dachi, Jodan Age Uke	Zenkutsu Dachi, Jodan Age Uke	Nekoashi Dachi, Chudan Shutou Uke	Zenkutsu Dachi, Jodan Age Uke	Nekoashi Dachi, Chudan Shutou Uke	Nekoashi Dachi, Chudan Shutou Uke	Moto Dachi, Chudan Uchi Uke	Nekoashi Dachi, Chudan Kakete Uke	Zenkutsu Dachi, Chudan Mae Hiji Ate
4	Shiko Dachi, Shutou Gedan Barai Uke	Nekoashi Dachi, Chudan Yoko Uke	Nekoashi Dachi, Chudan Yoko Uke	Nekoashi Dachi, Chudan Yoko Uke	Moto Dachi, Jodan Shutou Uchi	Moto Dachi, Jodan Shutou Uchi	Sanchin Dachi, Jodan Shutou Uchi	Sanchin Dachi, Jodan Shutou Uchi	Sanchin Dachi, Jodan Shutou Uchi
5	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Shiko Dachi, Gedan Barai Uke	Shiko Dachi, Gedan Barai Uke	Shiko Dachi, Gedan Barai Uke	Sanchin Dachi, Chudan Yoko Uke	Shiko Dachi, Gedan Barai Uke	Shiko Dachi, Gedan Barai Uke	Shiko Dachi, Gedan Barai Uke
6			Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Moto Dachi, Chudan Mae Geri	Nekoashi Dachi, Chudan Shutou Uke
7							Moto Dachi, Chudan Yoko Geri	Moto Dachi, Chudan Yoko Geri	Moto Dachi, Chudan Mae Geri
8									Moto Dachi, Chudan Yoko Geri

Shitoryu Karate Kenkai
Dan Grading “Kihon” Content (Youth and Adults)

	To 1st Dan	To 2nd Dan	To 3rd Dan	To 4th Dan (combinations)
1	Moto Dachi, Jodan Oi Tsuki	Zenkutsu Dachi, Nidan Tsuki (Chudan)	Zenkutsu Dachi, Sandan Tsuki (Jodan, Chudan, Gedan)	Moto Dachi, Jodan Haitou Uchi **+** Hachiji Dachi, Chudan Yoko Hiji Ate
2	Zenkutsu Dachi, Chudan Gyaku Tsuki	Zenkutsu Dachi, Chudan Ura Tsuki	Sanchin Dachi, Jodan Haitou Uchi	Nekoashi Dachi, Chudan Shutou Uke **+** Chudan Mae Geri (front leg)
3	Zenkutsu Dachi, Chudan Mae Hiji Ate	Hachiji Dachi (sideways), Jodan Shutou Uchi	Kokutsu Dachi, Chudan Ushiro Hiji Ate	Sanchin Dachi, Chudan Yoko Uke **+** Zenkutsu Dachi, Chudan Oi Tsuki
4	Moto Dachi, Jodan Ura Uchi	Moto Dachi, Chudan Mawashi Hiji Ate	Nekoashi Dachi, Chudan Shutou Uke	Shiko Dachi, Gedan Barai Uke **+** Zenkutsu Dachi, Chudan Gyaku Tsuki
5	Sanchin Dachi, Jodan Shutou Uchi	Sanchin Dachi, Chudan Yoko Uke	Nekoashi Dachi, Jodan Ko Uke	Nekoashi Dachi, Chudan Kakete Uke **+** Moto Dachi, Chudan Ura Tsuki
6	Shiko Dachi, Gedan Barai Uke	Moto Dachi, Chudan Uchi Uke	Moto Dachi, Jodan Kuri Uke	Moto Dachi, Jodan Mawashi Geri (front leg) **+** Jodan Uchi Mawashi Geri (back leg)
7	Zenkutsu Dachi, Jodan Age Uke	Nekoashi Dachi, Chudan Kakete Uke	Sanchin Dachi, Mawashi Uke	
8	Nekoashi Dachi, Chudan Shutou Uke	Nekoashi Dachi, Chudan Shutou Uke	Moto Dachi, Jodan Mawashi Geri	
9	Moto Dachi, Chudan Mae Geri	Moto Dachi, Jodan Mawashi Geri	Moto Dachi, Chudan Yoko Geri	
10	Moto Dachi, Chudan Yoko Geri	Moto Dachi, Chudan Ushiro Geri	Moto Dachi, Jodan Ushiro Mawashi Geri	