

## Shitō Ryu Karate Do Curriculum

by: Kenwa Mabuni

The original founder of Shitō Ryu

### Tachi Kata (Stances)

- |                      |   |
|----------------------|---|
| 1. Heisoku Dachi     | Feet together, close toed stance  |
| 2. Musubi Dachi      | Feet together, open toed stance   |
| 3. Namiheiko Dachi   | Parallel stance (feet shoulder width, toes straight)  |
| 4. Uchihachiji Dachi | Inner figure eight stance (feet shoulder width, toes inward)                                |
| 5. Sotohachiji Dachi | Outer figure eight stance (feet shoulder width, toes outward)                               |
| 6. Shiko Dachi       | Sumo (side facing) stance   |
| 7. Heiko Dachi       | Forward parallel stance (feet natural walking distance apart)                               |
| 8. Renoji Dachi      | Katakana figure "Re" stance (feet in a "V" or "L" position, natural walking distance apart) |
| 9. Zenkutsu Dachi    | Forward (bent leg) stance   |
| 10. Kokutsu Dachi    | Back (bent leg) stance  |
| 11. Nekoashi Dachi   | Cat feet stance   |
| 12. Kōsa Dachi       | Crossed leg stance  |

### Tsuki Kata (Thrust)

- |                  |  |
|------------------|--|
| 1. Seiken Tsuki  | Standard forefist thrust (first two knuckles)                  |
| 2. Tateken Tsuki | Side (fist turned 90 degrees outward) forefist thrust          |
| 3. Uraken Tsuki  | Inverted (fist turned 180 degrees) forefist thrust             |
| 4. Age Tsuki     | Rising thrust (upper cut)                                      |
| 5. Furi Tsuki    | Round house thrust   |
| 6. Wa Zsuki      | Two arm circle thrust  |
| 7. Morote Tsuki  | Two arm, two level thrust (top hand seiken/bottom hand uraken) |
| 8. Hiraken Tsuki | Four knuckle thrust (leopard punch)                            |
| 9. Nukite        | Spear hand   |
| 10. Ipponken     | One Knuckle thrust   |

### Uchi Kata (Strike)

- |                 |   |
|-----------------|---|
| 1. Shutō Uchi   | Sword hand (knife edge) strike                    |
| 2. Kentsui Uchi | Bottom fist strike (hammer fist)                  |
| 3. Uraken Uchi  | Back knuckle strike                               |
| 4. Shuhō        | Mountain hand (knuckles of chicken wrist to side) |
| 5. Hijiate      | Elbow smash                                       |
| 6. Urashuto     | Inverted sword hand (ridge hand)                  |

## Shitō Ryu Karate Do Curriculum

### Keri Kata (Kick)

- |                 |  |
|-----------------|--|
| 1. Sokko Geri   | Instep kick                                  |
| 2. Chūdan Geri  | Ball of foot forward middle area kick        |
| 3. Jōdan Geri   | Ball of foot forward upper area kick         |
| 4. Sokuto Geri  | Side (knife edge) lower area kick (kansetsu) |
| 5. Yoko Geri    | Side middle area kick                        |
| 6. Mawashi Geri | Instep round middle area kick                |
| 7. Fumioroshi   | Toe stomping kick                            |
| 8. Hiza Geri    | Knee kick                                    |
| 9. Kōshu Geri   | Heel back rising kick                        |
| 10. Hizagaeshi  | Knee sweeping kick                           |
| 11. Jōsokutei   | Ball of the foot                             |
| 12. Kasokutei   | Heel of the foot                             |

### Uke Kata - Jōdan (Block - Upper level)

- |               |   |
|---------------|---|
| 1. Age Uke    | Rising block  |
| 2. Yoko Uchi  | Forearm inward block  |
| 3. Wa Uke     | Two arm circle (roof) block   |
| 4. Kosa Uke   | Crossed arms block<br>a. closed hands, palms toward front<br>b. open hands, palms toward sides away from each other |
| 5. Sashite    | Inward sweeping palm block  |
| 6. Kara Uke   | Side stepping (90 degrees to kokutsudachi) slip block (with chudan punch)   |
| 7. Uchiotoshi | Inside out circle forearm drop block  |
| 8. Yoko Barai | Forearm outward side parry  |
| 9. Tsuki Uke  | Thrust block  |
| 10. Kote Uke  | Back of hand block  |
| 11. Kuri Uke  | Inside out circle and drop knife edge block   |

### Uke Kata - Chūdan (Block - Middle level)

- |                  |  |
|------------------|--|
| 1. Yoko Uke      | Forearm outward side block                           |
| 2. Wa Uke        | Two arm circular block                               |
| 3. Ninoude       | Back of forearm inward press block                   |
| 4. Gassho Uke    | Praying hands block                                  |
| 5. Kensasae Uke  | Two hand outward block, open hand support at fist    |
| 6. Hijisasae Uke | Two hand outward block, closed fist support at elbow |
| 7. Kakete        | Hook and grab block                                  |

## Shitō Ryu Karate Do Curriculum

### Uke Kata - Chūdan (continued)

8.	Hiji Uke	Elbow block
9.	Shutō Uke	Sword hand block
10.	Yoko Uchi	Forearm inward block
11.	Ko Uke	Wrist block (to side)
12.	Sukui Uke	Scooping block
13.	Tsukidome	Withdrawing forearm block (after thrust)
14.	Harai Uke	Middle area downward parry
15.	Kōsa Uke	Crossed arms block
16.	Shotei Uke	Palm heel block
17.	Ura Uke	Inverted block (small circle with wrist)
18.	Ukenagashi	Inward palm heel sweeping block
19.	OUra Uke	Large circle inverted forearm block
20.	Yoko Barai	Forearm outward side parry
21.	Kote Uke	Inside out back of hand block
22.	Hirayuki Uke	Two hank knife edge pushing block
23.	Kakiwake	Wedge block

### Uke Kata - Gedan (Block - Lower level)

1.	Kosa Uke	Crossed arms block
2.	Hizagaeshi	Knee sweeping block
3.	Furisute	Scoop and throw block
4.	Sukuidome	Scoop and catch block
5.	Wa Uke	Two arm circular block
6.	Ryōtesukui Uke	Two hand scooping block
7.	Harai Uke	Downward parry
8.	Shutō Barai	Sword hand parry

KENWA MABUNI  
(1889-1952)

IS THE FOUNDER OF SHITO RYU

HE CREATED THIS SYSTEM FROM  
TWO MAJOR GRAND MASTERS

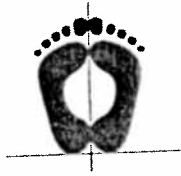
ITOSU YASUTSUNE  
(1832-1916)

HIGAONNA KANRYO  
(1853-1917)

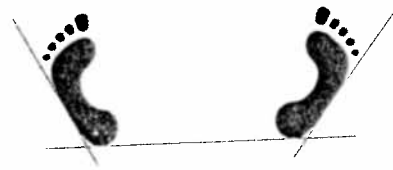
ITOSU EMPHASIZED SPEED AND AGILITY  
WHEREAS  
HIGAONNA EMPHASIZED POWER AND  
HARDNESS OF BODY.

MABUNI RESPECTED BOTH MASTERS AND  
TOOK BOTH MASTERS' INITIALS AND NAMED  
HIS STYLE AS SHI (ITO), TO (HIGASHI) AND  
RYU (STYLE). TODAY, SHITO RYU IS ONE  
OF FOUR MAJOR STYLES IN THE WORLD.

JAPAN KARATE DO ORGANIZATION  
(SHITO RYU)



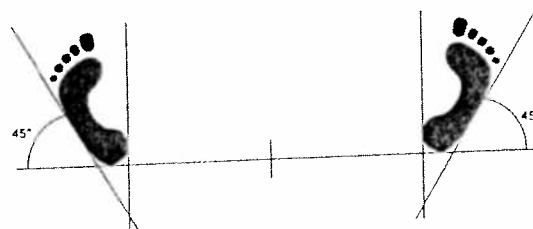
① HEISOKU DACHI - Feet together, close toed stance.



⑤ HACHIJI DACHI - (Sotohachiji Dachi) Outer Japanese letter 外 stance, feet shoulder width, toes outward.



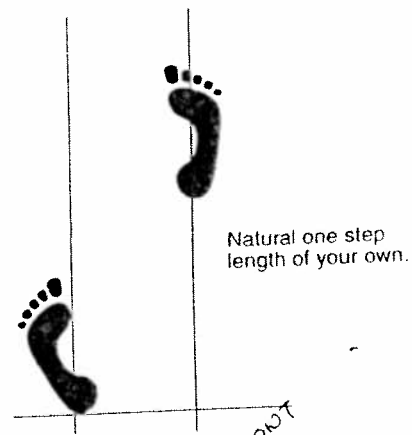
② MUSUBI DACHI - Heel together, open toed stance. (knotted) stance i.e. belt



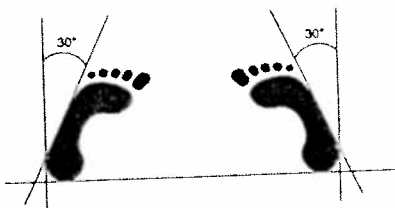
⑥ SHIKO DACHI - Side stance, about double hip width.



③ HEIKO DACHI - Nami Heiko Dachi - Authentic Shito-Ryu terminology parallel stance, feet your hip width, toes straight.



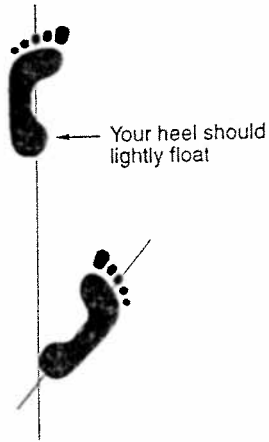
⑦ HAN ZENKUTSU DACHI - Half stance Parallel stance hip width (natural walking one step out length.)



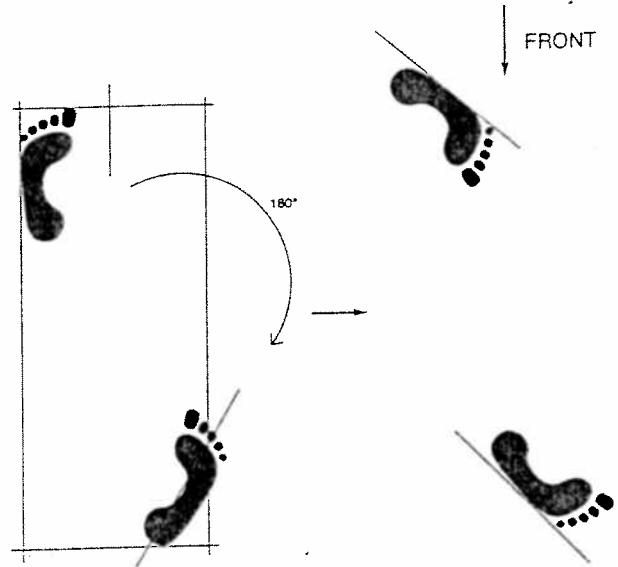
④ UCHI HACHIJI DACHI - Inner Japanese letter 内 stance, feet your hip width, toes inward.

Heiko Dachi - (Authentic Shito Ryu Terminology)  
Moto - (Base) Dachi Shito Kai Terminology  
Han Zenkutsu Dachi - (Generic Shito Ryu Terminology)

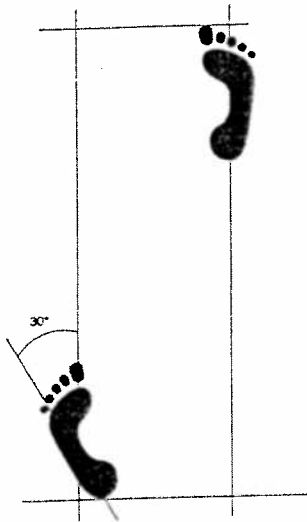
JAPAN KARATE DO ORGANIZATION  
(SHITO RYU)



⑧ RENOJI DACHI - Japanese letter *V* stance, back leg straight, "re" in Katakana.



⑩ KOKUTSU DACHI - Back knee bent stance, you <sup>hip</sup> hip width turn 180°



⑨ ZENKUTSU DACHI - Forward stance (front knee bent stance) your hip width.



⑪ NEKOASHI DACHI - Cat feet stance

## How to wear your Karate-gi properly

### Karate-gi

- The Karate-gi is traditionally white and a part of international rule. It denote purity of spirit and conformity of mind. The Karate-gi should be tailored, washed and pressed. It is an important discipline for every Karate practitioner. Every Karate-Do Practitioner should take this responsibility seriously.

### Proper Fit and Style

**JKO Emblem:** The JKO patch must be on the left chest. It is the symbol of your instructional roots. Wear JKO emblem proudly. JKO is the premier Karate-Do Organization you belong to.

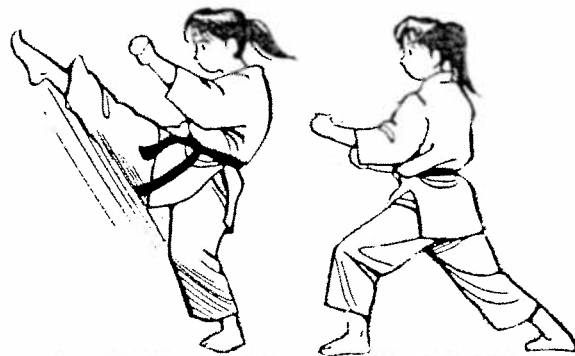
**Top Coat :** The Jacket should be long enough to cover buttocks completely.

**Sleeves:** The proper length is a little above your wrist. It usually requires alteration.

**Pants:** The proper length is a little above your ankles. It usually requires alteration.

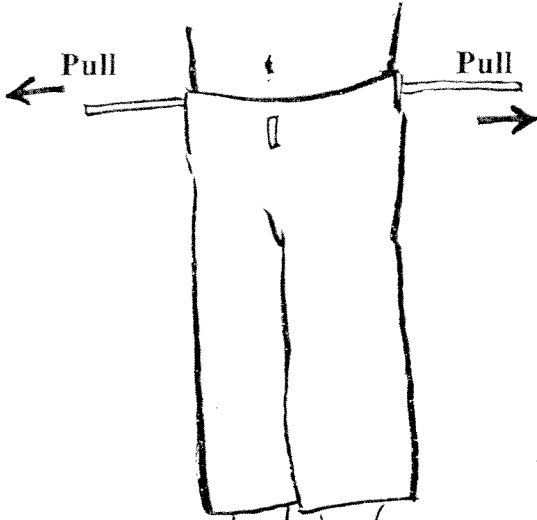
**Belt:** It should be adjusted so that the ends hang between the bottom of your top coat and your knees.

**Female students** are required to wear a white tank top or a white T-shirt under your Karate-gi.

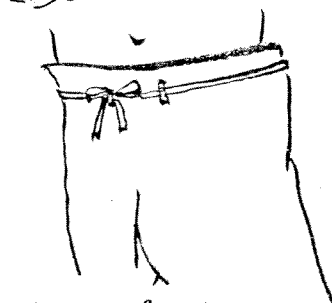


Wearing Your Karate-gi Properly

Step 1



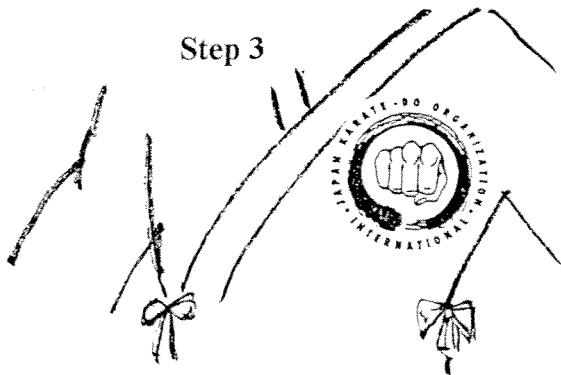
Step 2



Ties in a bow

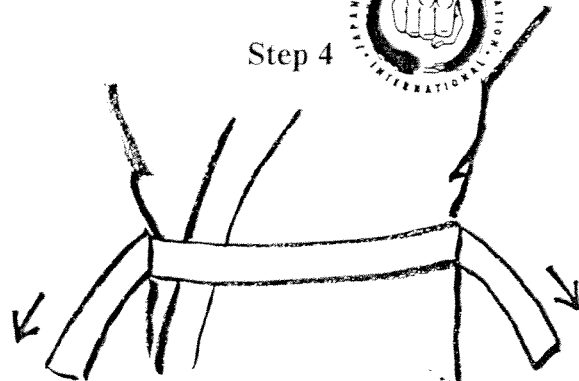
Keep loop to your front

Step 3



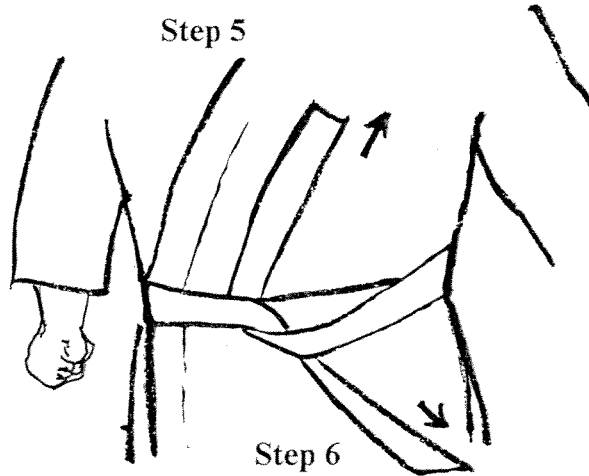
Unlike western tradition, males and females wear the same side on top; left over right.

Step 4



- A) Start wearing the belt from front of your lower abdomen.
- B) With midpoint of belt at back, criss cross for good back support.
- C) Wrap once and bring ends to front so they are equal length.

Step 5



Step 6

Ties is a square knot.  
Ends should hang at equal length.

