

# SHITO-RYU KARATE-DO

摩文仁賢和系東流空手学校マハラシュトラ天竺

*Ken-Ci-Mabuni Shito-Ryu Karate School Maharashtra*



*Student Manual - Kyu & Dan Syllabuses*

Updated on January 2020



# Kaiso Kenwa Mabuni

Born: 14 November 1889, Shuri, Naha, Okinawa, Japan

Died: 23 May 1952, Tokyo, Japan

Style: Shitō-ryū

Children: Mabuni Kenei

Martial arts: Shitō-ryū, Karate

Teachers: Ankō Itosu, Higaonna Kanryō



遺句

流祖摩文仁賢和

何ごとも打ちわすれたり  
ひたすらに武の島せし

**Master Kenwa Mabuni, Founder of Shitoryu Karate**

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

Shito-Ryu Karate-Do



Soke Kenei Mabuni

## 宗家 摩文仁 賢榮

Born: February 13, 1918, [Shuri, Okinawa, Japan](#)

Died: December 19, 2015

Parents: [Kenwa Mabuni](#)

Residence: [Osaka, Osaka Prefecture, Japan](#)

Books: [Shito-ryu Karate-do](#), [Empty Hand: The Essence of Budo Karate](#)

Teachers: [Kenwa Mabuni](#), [Yasuhiro Konishi](#)

ソイクケンイーマブニ

宗  
家  
摩  
文  
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賢  
榮



Founder of Ken Ei Manbuni Shito-Ryu Karate  
Ex. Governor World Shito-Ryu

Shito-Ryu Karate-Do



# Sensei Yogesh More

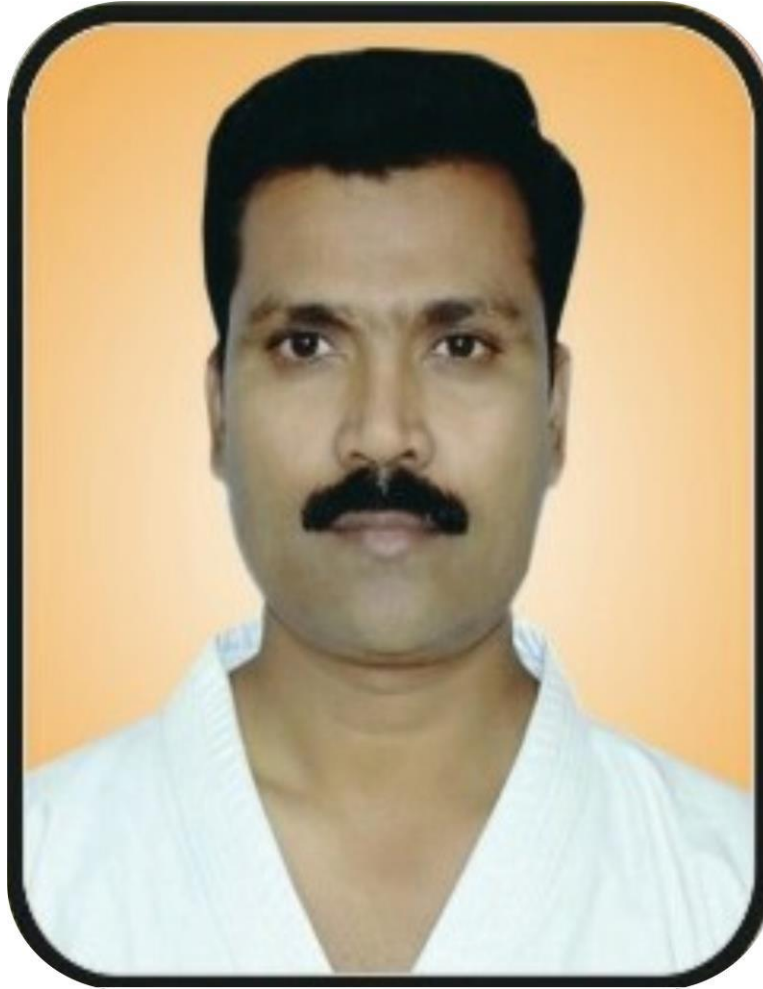
## 先生ヨゲシュより

Born: 24 November 1879, Pune, Maharashtra India,

Style: Shitō-ryū

Martial arts: Shitō-ryū, Karate

Teachers: Sensei Raju Gosavi , Renshi Raman Ganesh



先生  
ヨゲ  
シュ  
より

**Chief Instructor**

Shito-Ryu Karate-Do







# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

### PROGRESSION OF GRADES (*White belt to Black belt 4<sup>th</sup> Dan*)

S. No	Kyu	Belts	Time Requirement	Kata required
1	9-Ku KYU	 <b>YELLOW BELT</b>	3 months and/ or at the Sensei's discretion	<b>JUNI NO KATA</b> <b>DIS-DOSA, DAI-NI DOSA</b>
2	8-Hachi KYU	 <b>YELLOW WITH ORANGE STRIPE</b>	3 months and/ or at the Sensei's discretion	<b>TION, DAICHI –DOSA, DAI-SAN DOSA</b>
3	7-Shichi KYU	 <b>ORANGE BELT</b>	3 months and/ or at the Sensei's discretion	<b>HEIAN SHODAN HEIAN NIDAN, CHI-NO</b>
4	6-Roku KYU	 <b>ORANGE WITH GREEN STRIPE</b>	3 months and/ or at the Sensei's discretion	<b>HEIAN SANDAN , SANCHIN</b>
5	5-Go KYU	 <b>GREEN BELT</b>	3 months and/ or at the Sensei's discretion	<b>HEIAN YONDAN, MATSUMURA – ROHAI</b>
6	4-Yon KYU	 <b>GREEN WITH BLUE STRIPE</b>	3 months and/ or at the Sensei's discretion	<b>HEIAN GODAN, JUROKU, TENSHO</b>
7	3-San KYU	 <b>BLUE BELT</b>	3 months and/ or at the Sensei's discretion	<b>NAIFANCHI SHODAN, AOYAGI,</b>
8	2-Ni KYU	 <b>BLUE WITH BROWN STRIPE</b>	3 months and/ or at the Sensei's discretion	<b>BASSAI DAI, KOSHOKUN DAI, MATSUKAZE, SHINSEI NI</b>
9	1-Ik KYU	 <b>BROWN BELT</b>	3 months and/ or at the Sensei's discretion	<b>BASSAI DAI, , SEIENCHIN, JITTE ,JION, SHINPA</b>
10	SHODAN	 <b>BLACK BELT 1<sup>ST</sup> DAN 14 years old required</b>	6 months and/ or at the Sensei's discretion	<b>*BASSAI DAI, SEIENCHIN, Heian Shodan to Heian Godan, Juroku, Jitte Naihanchi Shodan, Matsumora Rohai, Shinsei</b>
11	NIDAN	 <b>BLACK BELT 2ND DAN 17 years old required</b>	Minimum 18 months and/ or at the Sensei's discretion	<b>*KOSOKUN-DAI, SEIPAI, MATSUKAZE, Heian Shodan to Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan, Matsumora Rohai, Shinsei, Bassai Dai, Seienchin, Jion</b>
12	SANDAN	 <b>BLACK BELT 3RD DAN 21 years old required</b>	Minimum 36 months and/ or at the Sensei's discretion	<b>*CHINTO, NIPAPO, KURURUNFA, KOSOKUNSHO Heian Shodan to Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan, Matsumora Rohai, Shinsei, Bassai Dai, Seienchin, Jion, Kosokun Dai, Seipai, Matsukaze</b>
13	YONDAN	 <b>BLACK BELT 4TH DAN 26 years old required</b>	Minimum 48 months and/ or at the Sensei's discretion	<b>*GOJUSHIHO, SHISOCHIN, NIPAPO, SEISAN Heian Shodan to Heian Godan, Juroku, Jitte, Itosu Rohai Shodan, Naihanchi Shodan to Sandan Matsumora Rohai, Shinsei, Bassai Dai, Seienchin, Jion, Kosokun Dai, Seipai, Matsukaze, Chinto, Kururunfa, Kosokunsho</b>

*\*From Shodan to Godan, the katas printed in **Blue color** are mandatory and those in **Red color** are the Free (Tokui) kata that candidates can choose from.*

Shito-Ryu Karate-Do





# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

**9<sup>th</sup> Kyu** - Time Requirement, 3 months



### Tachi Kata (Stances)

1	Heisoku Dachi
2	Musubi Dachi
3	Heiko Dachi
4	Hachiji Dachi
5	Moto Dachi
6	Zenkutsu Dachi

### Kihon (Basics)

	Hachiji Dachi	Heisoku Dachi	Moto Dachi & Zenkutsu Dachi
1	Chudan Zuki	Mae Geri	Mae Te Zuki (Jun Zuki)
2	Jodan Zuki		Gyaku Zuki
3	Gedan Barai		Jodan Zuki
4	Chudan Yoko Uke		Gedan Barai
5	Yoko Uchi Uke		Chudan Yoko Uke
6	Age Uke		Yoko Uchi Uke
7			Age Uke
8			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)

- **JUNI NO KATA**
- **DIS-DOSA,**
- **DAI-NI DOSA**

Shito-Ryu Karate-Do





# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

**8<sup>th</sup> Kyu** - Time Requirement, 3 months



### Tachi Kata (Stances)

1	Shiko Dachi
2	Neko Ashi Dachi

### Kihon (Basics)

	Moto Dachi	Hachiji Dachi	Shiko Dachi
1	Jodan Shuto Uchi	Uraken Uchi	Chudan Zuki
2	Shuto Yoko Uchi	Uraken Yoko Uchi	Jodan Zuki
3	Mae Geri (front leg and back leg)	Yoko Hiji Ate	Jodan Zuki
4		Ushiro Hiji Ate	Nido Zuki
5		Tate Hiji Ate	Otoshi Hiji Ate
6		Kentsui Uchi	Chudan Hiji Ate
7			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)

- **DAICHI -DOSA,**
- **DAI-SAN DOSA**
- **TINO**

### 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

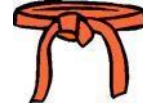




# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

### 7<sup>th</sup> Kyu - Time Requirement, 3 months



#### 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 NIDAN**
- **CHI-NO**

#### 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

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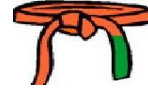




# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

**6<sup>th</sup> Kyu** - Time Requirement, 3 months



### 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 SANDAN ,**
- **SANCHIN**

### 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

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# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

**5<sup>th</sup> Kyu** - Time Requirement, 3 months



### 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**

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*)

- **HEIAN YONDAN**
- **MATSUMURA –ROHAI**

### 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* )

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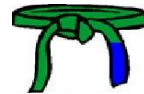




# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

### 4<sup>th</sup> Kyu - Time Requirement, 3 months



#### 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

→ 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)
- Chudan Shuto Uke, with front leg Yoko Gari to the front landing on Moto Dachi Chudan Gyaku Zuki

#### Kata (Form)

- **HEIAN GODAN,**
- **JUROKU,**
- **TENSHO**

#### 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

**Shiai Kumite** (point Sparring )





# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

### 3<sup>rd</sup> Kyu - Time Requirement, 3 months



#### 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

→ 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*)

- **NAIFANCHI SHODAN,**
- **AOYAGI**

#### Kumite (*Sparring*)

**Uchi Komi or Jyu Ippon Kumite ( *Pre-Arranged free style sparing by announcement* )**

**Hokei Kumite ( *Yakusoku Kumite of Heian katas* )**

- Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan

**Shiai Kumite ( *point Sparring* )**

Shito-Ryu Karate-Do





# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

### 2<sup>nd</sup> Kyu - Time Requirement, 3 months



#### 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**

→ 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*)

- **BASSAI DAI**
- **KOSHOKUN DAI,**
- **MATSUKAZE,**
- **SHINSEI NI**

#### 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*)**

Shito-Ryu Karate-Do





# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

**1<sup>st</sup> Kyu** - Time Requirement, 3 months



### 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**

- 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*)

- **BASSAI DAI,**
- **SHINSEI,**
- **JITTE,**
- **JION,**
- **SHINPA**

### 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*)**

Shito-Ryu Karate-Do







# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

### Shodan (Black Belt – 1<sup>st</sup> Dan) Time Requirement, 6<sup>th</sup> Month after 1<sup>st</sup> 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**

↗ 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, Seienchin)
- **Tokui** (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, 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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## Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

### Student Manual

### **Nidan (Black Belt – 2<sup>nd</sup> Dan)** Time Requirement, 18 month 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**

→ 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** ( Kosokun Dai, Seipai, Matsukaze)

**Tokui** (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, Naihanshi Shodan, Bassai Dai, Seienchin, Jion)

#### **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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# Ken-Ei-Mabuni Shito-Ryu Karate School Maharashtra

## Student Manual

### **Sandan** (Black Belt – 3<sup>rd</sup> Dan) Time Requirement, 36 months 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** ( Chinto, Nipaipo, Kururunfa)

**Tokui** (Heian Shodan to Godan, Juroku, Itosu Rohai Shodan, Shinsei, Matsumura Rohai, Jitte, Naihanshi Shodan, Bassai Dai, Seienchin, Jion, Seipai, Kosokundai, Matsukaze)

#### **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, 48 Months after Sandan

### Renzoku Ido Kihon (Combination Moving Techniques)

**Neko Ashi Dach** i 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, Gojushiho, Shisochin* )

**Tokui Group A** *Itosu Rohai Shodan, Itosu Rohai Nidan, Itosu Rohai Sandan, Jitte, Jion, Jiin, Kosokun Dai, Shiho Kosokun, Kosokun Sho, Chatanyara Kusanu, Bassai Dai, Bassai Sho, Matsumura Bassai, Tomari Bassai, Ishimine Bassai, Matsumora Rohai, Niseishi, Sochin, Unshu, Wansu, Ananko, Matsumura Seisan, Chinto, Chinte, Gojushiho, Miyojo*

**Tokui Group B** *Shinsei, Shinsei Ni, Shinpa, Sanchin, Tensho, Saifa, Seienchin, Seisan, Seipai, Sanseiru, Shisochin, Kururunfa, Suparinpei*

### Kumite (Sparring)

**Jyu Kumite** (Free Style Sparring)

### Kata Bunkai

**Mandatory** ( *Bassai Dai, Seienchin, Nipaipo, Matsumora Rohai, Gojushiho* )

**Tokui from Group A list** Candidates will be asked for the Bunkai of the performing their Tokui katas

**Tokui from Group B list** Candidates will be asked for the Bunkai of the performing their Tokui katas

### 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*

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## 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  
Gojushiho  
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 (Hakucho)  
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

\* World Shitoryu Karate-Do Federation (WSKF) and All Japan Karate Federation Shitokai Mandatori (Shitei) Kata.

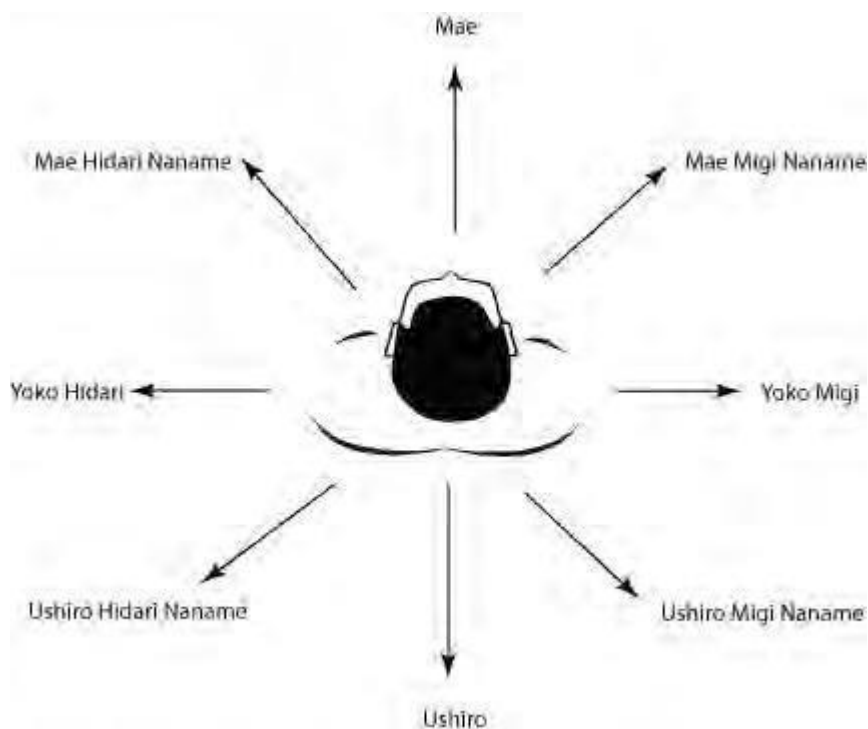




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## Tenshin / Happo



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

Shito-Ryu Karate-Do







*Founder – Maharashtra Ken- Ei- Mabuni Shito-Ryu Karate School Maharashtra*