

**ASIA PACIFIC SHIORYU KARATEDO FEDERATION
(APSKF)**



**REGULATION ON
APSKF
BOARD OF DAN EXAMINERS
&
UPGRADING SYLLABUS**

アジア太平洋系東流空手道連盟
段位審査委員会及び審査要項

(December 2015 Version)



ASIA PACIFIC SHITORYU KARATEDO FEDERATION

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Annex 1

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 APSKF affiliates.
3. Candidate must be minimum 16 years of age.
4. Candidate must be 1st Kyu and active training for the past 6 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.



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Annex 2

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 APSKF affiliates.
3. Candidate must be minimum 18 years of age.
4. Candidate must be WSKF 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.

3. JYUU KUMITE

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Annex 3

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 APSKF affiliate.
3. Candidate must be minimum 20 years old.
4. Candidate must be WSKF 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.

3. JYUU KUMITE

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Annex 4

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 APSKF affiliate.
3. Candidate must be minimum 23 years old.
4. Candidate must be WSKF 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.

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.



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Annex 5

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 APSKF affiliate.
3. Candidate must be minimum 26 years old.
4. Candidate must be WSKF 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.

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.



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Annex 6

JYOKYO GRADING SYLLABUS

A. QUALIFICATION / REQUIREMENT

1. Candidate must be a person of good character.
2. Candidate must be a valid member of the APSKF affiliate.
3. Candidate must be minimum 21 years old.
4. Candidate must be WSKF Sandan for at least 2 years and active in training & teaching.
5. Candidate must have teaching experience for at least 2 years.

B. SYLLABUS

1. BASIC PRINCIPLES AND KNOWLEDGE

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

2. SHITORYU KATAS

- i. Teaching of Kata and Bunkai of the Five Heian Kata as designated by the Examination Board.
- ii. Demonstration of the applications of the Basic Principles, Knowledge and Techniques of Shitoryu Karatedo in the teaching.



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Annex 7

JUN-SHIHAN GRADING SYLLABUS

A. QUALIFICATION / REQUIREMENT

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

B. SYLLABUS

1. BASIC PRINCIPLES AND KNOWLEDGE

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

2. SHITORYU KATAS

- i. Teaching of Kata and Bunkai of Bassai Dai and Seienchin as designated by the Examination Board.
- ii. Demonstration of the applications of the Basic Principles, Knowledge and Techniques of Shitoryu Karatedo in the teaching.



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Annex 8

FEES

ITEM		Examination Fee	Registration Fee
A.	ACCREDITATION		
	1.	Dani (Dan-rank)	
		i. Shodan (1 st Dan)	N/A US\$30
		ii. Nidan (2 nd Dan)	N/A US\$40
		iii. Sandan (3 rd Dan)	N/A US\$50
B.	GRADING & CERTIFICATION FEES		
	1.	Dani (Dan-rank)	
		i. Shodan (1 st Dan)	US\$100 US\$30
		ii. Nidan (2 nd Dan)	US\$100 US\$50
		iii. Sandan (3 rd Dan)	US\$100 US\$80
		iv. Yondan (4 th Dan)	US\$100 US\$100
		v. Godan (5 th Dan)	US\$100 US\$200
	2.	Shidosha (Leaders-title)	
		i. Jyokyo	US\$100 US\$100
		ii. Jun-Shihan	US\$100 US\$200