



TRADITIONAL TRAINING OF SHITO-RYU KARATE-DO

Grading Syllabus

KYU	TRAINING SYLLABUS	GRADING SYLLABUS	KUMITE	PUSH-UPS	SIT-UPS
9 TH Kyu White	KIHON KATA - Moto Dachi	One KIHON KATA	Ippon	10	70
8 TH Kyu Yellow	KIHON KATA – Neko Ashi Dachi HEIAN SHODAN	One KIHON KATA and HEIAN SHODAN	Ippon	10	70
7 TH Kyu Green	HEIAN NIDAN NEIAN SANDAN	One KIHON KATA and HEIAN NIDAN or SANDAN	Ippon	10	70
6 TH Kyu Blue	HEIAN YONDAN	One KIHON KATA and HEIAN YONDAN	Ippon	15	80
5 TH Kyu Purple	HEIAN GODAN SANCHIN KATA HIJI ATE- GOHO	One KIHON KATA and HEIAN GODAN	Ippon, Nihon, Sanbon	15	80
4 TH Kyu Brown	SHINSEI TENSHO	One KIHON KATA and One HEIAN KATA and SHINSEI	Ippon, Nihon, Sanbon, Jiyu	15	100
3 RD Kyu Brown	JITTE JYUROKU	One KIHON KATA and One HEIAN KATA and JITTE or JYUROKU	Ippon, Nihon, Sanbon, Jiyu	15	100
2 ND Kyu Brown	SHINPA WANSHU	One KIHON KATA and One HEIAN KATA and SHINPA or WANSHU	Ippon, Nihon, Sanbon, Jiyu	20	120
1 ST Kyu Brown	JION BASSAI-DAI	One KIHON KATA and One HEIAN KATA and JION and/or BASSAI-DAI	Ippon, Nihon, Sanbon, Jiyu	20	120
SHODAN Black	SEIINCHIN MATSUMURA ROHAI	One KIHON KATA and One HEIAN KATA and SEIINCHIN and/or MATSUMURA ROHAI	Ippon, Nihon, Sanbon, Jiyu	20	150

RENSHI GEORGE TAN
8 DAN WSKF SHITOKAI