

**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

President : George TAN  
Email: [george@shingitai.com.my](mailto:george@shingitai.com.my)  
Secretariat : G/F., Flat B, 5 Silver Star Path, Sai Kung, Hong Kong  
Tel: +852 9092 7471 Fax: +852 3152 2032  
Email: [shitoryu@netvigator.com](mailto:shitoryu@netvigator.com)  
Website : [www.apskf.com](http://www.apskf.com)  
Honbu Dojo : 60 Tessensohn Road, Civil Service Club Level 2,  
Singapore 217664  
Tel: +65 6299 5740  
Email: [skasingapore1964@gmail.com](mailto:skasingapore1964@gmail.com)

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## Annex 1

### SHODAN (1<sup>st</sup> 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 1<sup>st</sup> 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 (2<sup>nd</sup> 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

- 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 3

### SANDAN (3<sup>rd</sup> 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

- 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 4

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