

THE ESSENTIAL CURRICULUM OF SHITO-RYU KARATE-DO
(For a detailed explanation, please refer to the Syllabus of Shito-Ryu Karate Do)

A : Hand and Foot Weapons

1	Seiken	Knuckle (fore)fist
2	Daikento	Large knuckles of hand
3	Shokento	Small (second) knuckles of hand
4	Kentsui	Bottom (Hammer) fist
5	Uraken	Back fist
6	Nukite	Spear hand
7	Syuto	Sword hand
8	Sokuto	Outer edge of foot
9	Shotei	Palm heel
10	Ipponken	One kunckle thrust
11	Syuhu	Mountain hand- two kunckles of peaked hand
12	Urasuyo	Inverted sword hand
13	Yubibasami	Thumb and forefinger scissors
14	Hirabasami	Full hand scissors
15	Kote	Back of forearm
16	Koken	Wrist
17	Hiji	Elbow
18	Hizagashira	Knee head
19	Ushiro-kakato	Back heel
20	Sokko	Instep
21	Josoutei	Ball of the foot
22	Kasokutei	Heel of the foot

B : Stanes

1	Heisoku-dachi	Feet together, close-toed stance	
2	Musubi-dachi	Feet together, open-toed stance	
3	Namiheiko-dachi	Parallel stance	
4	Uchihachiji-dachi	Iner figure eight stance	
5	Sotohachiji-dachi	Outer figure eight stance	
6	Shiko-dachi	Sumo-side facing, square stance	
7	Heiko-dachi	Forward parallel stance	
8	Renoji-dachi	Titled "V" stance-standing cat stance	×
9	Nekoashi-dachi	Cat feet stance	
10	Zenkutsu-dachi	Forward long stance	
11	Kokutsu^dachi	Backward long stance	
12	Kosa-dachi	Crossed leg stance	

C : Thrusting Techniques

1	Choku-zuki	Straight forefist thrust
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2	Tateken-zuki	Vertical forfist thrust
3	Uraken-zuki	Back fist/inverted forefist thrust
4	Hiraken-zuki	Four small knuckles thrust
5	Morote-zuki	Two arm, two level thrust
6	Age-zuki	Raising thrust
7	Wa-zuki	Two arm, two level thrust
8	Furi-zuki	Round house thrust
9	Ippon-ken	One kunckles thrust
10	Nukite	Spear hand

D : Striking Techniques

1	Shuto-uchi	Sword hand/knife edge strike
2	Kentsui-uchi	Bottom fist strike/hammer fist
3	Uraken-uchi	Back knuckle strike
4	Shuho-uchi	Mountain hand thrust
5	Urasuyo-uchi	Inverted sward hand strike
6	Hijiate [Goho]	Five direction Elbow strike exercise

E : Kick Techniques

1	Sokko-geri	Instep kick
2	Chudan-geri	Middle level kick
3	Jodan-geri	Upper level kick
4	Yoko-geri	Side, knife edge, middle area kick
5	Sokuto-geri	Side, knife edge, lower area kick
6	Mawashi-geri	Roundhouse kick
7	Fumikudashi	Stomping kick
8	Hizaate	Knee knock

F : The way of Tenpo Gosoku

1	De-ashi	Stepping straight in
2	Hiki-ashi	Stepping straight back
3	Yori-ashi	Shuffling
4	Mawari-ashi	Spinning
5	Tobi-ashi	Junping/springing

G : The way of Tenshin-Happo

Eight directional body movement/response

1	Manmae	Straght in front
2	Ma ushiro	Straight back
3	Migi yoko	Right side
4	Hidari yoko	Left side
5	Migi naname mae	Forward right diagonal
6	Migi naname ushiro	Rear right diagonal

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| 7 | Hidari naname mae | Forward left diagonal |
| 8 | Hidari naname ushiro | Rear left diagonal |

H : Three Principle of Tenshin Dosa

- | | Tensin Dosa | Actions of body movement |
|---|--------------------|---------------------------------|
| 1 | Taisabaki | Body shifting |
| 2 | Boogyo | Defence |
| 3 | Hangeki | Counterattack |

I : Five Principle of Uke (Defence)

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|---|---------|--------------------------------|
| 1 | Rakka | Falling down or falling flower |
| 2 | Ryusui | Flowing water |
| 3 | Kussin | Flexibility |
| 4 | Ten-i | Body shifting |
| 5 | Hangeki | Counterattack |

J : Way of Kumite

- | | Kihon Kumite | Basic Sparring |
|---|---------------------|------------------------------------|
| 1 | Ippon Kumite | Single attack, One step |
| 2 | Nihon Kumite | Two predefined attacks, one step |
| 3 | Sangon Kumite | Three predefined attacks, one step |
| 4 | Fukusiki Kumite | Both side attacks |
| 5 | Kumite Kata | Kata with basic attacks |
| | Oyo Kumite | Applied Sparring |
| 1 | Jiyu-Ippon Kumite | Free-one side sparring |
| 2 | Jiyu Kumite | Free style |

K : Name of Uke (Defence)

For Jodan (Upper level)

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| 1 | Age-uke | Rasing block |
| 2 | Uchiotoshi | Inside out circle forearm drop block |
| 3 | Yoko-uchi | Forearm inward block |
| 4 | Yoko-barai | Forearm outward side parry |
| 5 | Tuki-uke | Thrust block |
| 6 | Kuri-uke | Inside out, circle block with knife edge of hand |
| 7 | Kote-uke | Forearm block |
| 8 | Ko-uke | Wrist block |
| 9 | Kara-uke | Empty or Void block |
| 10 | Sashite | Inward sweeping palm block |
| 11 | Wa-uke | Two arm circle block |
| 12 | Kosa-uke | Crossed arms block |

For Chudan (Middle Level)

1	Yoko-uke	Forearm outward side block
2	Harai-uke	Middle area downward parry
3	Kosa-uke	Crossed arms block
4	Wa-uke	Two arm circular block
5	Ninoude-uke	Upper arm inward block
6	Ura-uke	Inverted block-small circle with wrist
7	Oura-uke	Inverted block-large circle with wrist
8	Shotei-uke	Palm heel block
9	Gassyo-uke	Praying hands block
10	Hiji-uke	Elbow block
11	Hirayuki	Two hand knife edge pushing block
12	Kensasae-uke	Two hand outward block, open hand support at fist
13	Hijisasae-uke	Two hand outward block, closed fist at elbow
14	Yoko-barai	Forearm outward side parry
15	Ukenagashi	Inward palm sweeping block
16	Kakete	Hooking hand block
17	Yoko-uchi	Forearm inward block
18	Ko-uke	Wrist block
19	Shuto-uke	Sword hand block
20	Tukidome	Withdrawing forearm block-after thrust
21	Kakiwake	Wedge block
22	Sukui-uke	Scooping block
23	Kote-uke	Forearm block

For Gedan (Lower Level)

1	Shuto barai	Sword hand parry
2	Furisute	Scoop and throw block
3	Sukuidome	Scoop and catch block
4	Kosa-uke	Crossed arms block
5	Hizagaeshi	Knee sweeping across block
6	Wa-uke	Two arm circular block
7	Harai-uke	Downward block
8	Sukui-uke	Scooping block