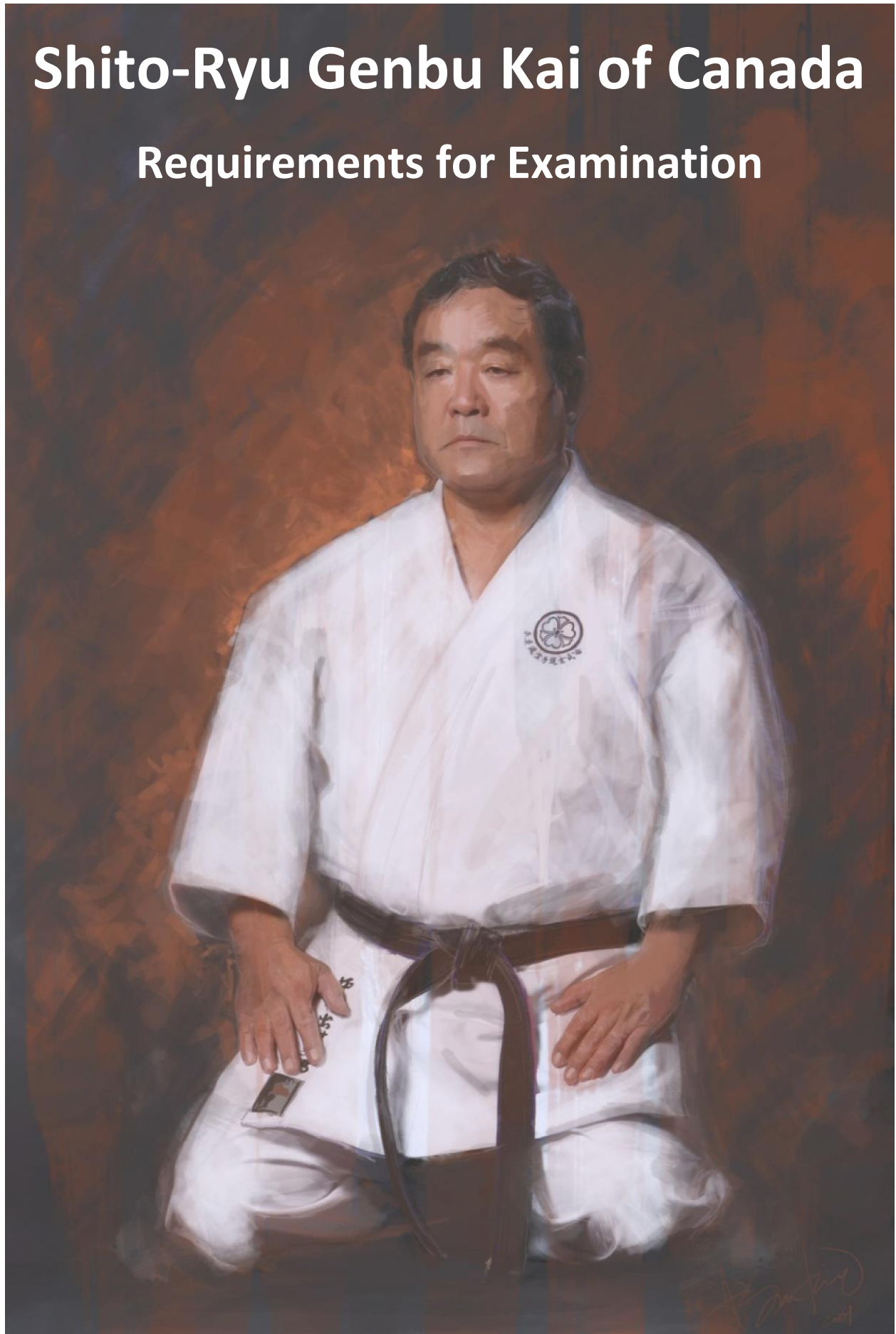


# Shito-Ryu Genbu Kai of Canada

## Requirements for Examination



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## Requirements for Ku (9th) KYU

### Stances (Tachi Waza)

Attention Stance	(Heisoku Dachi)
Open Leg Stance	(Soto Hachiji Dachi)
Forward Stance	(Zenkutsu Dachi)
Horse Stance	(Naifanchi Dachi)
Square Stance	(Shiko Dachi)

### Blocking Techniques (Uke Waza)

Upper Block	(Age Uke)
Lower Block	(Harai Uke)
Outside Centre Block	(Yoko Uchi Uke)

### Hand Techniques (Te Waza)

Straight Punch	(Choku Tsuki)
Lunge Punch	(Oi Tsuki)
Reverse Punch	(Gyaku Tsuki)

### Leg Techniques (Geri Waza)

Front Snap Kick	(Mae Geri)
Side Thrust Kick	(Sokuto Geri)
Roundhouse Kick	(Mawashi Geri)

### Movement

The techniques listed above must be able to be performed from a stand still position as well as moving forward in Forward Stance (Zenkutsu Dachi).

### Kata

Kihon Kata Ichi

### Fitness

15 Push ups



## Requirements for Hachi (8th) KYU

### Stances (Tachi Waza)

Attention Stance	(Heisoku Dachi)
Open Leg Stance	(Soto Hachiji Dachi)
Forward Stance	(Zenkutsu Dachi)
Horse Stance	(Naifanchi Dachi)
Square Stance	(Shiko Dachi)

### Blocking Techniques (Uke Waza)

Upper Block	(Age Uke)
Lower Block	(Harai Uke)
Outside Centre Block	(Yoko Uchi Uke)

### Hand Techniques (Te Waza)

Straight Punch	(Choku Tsuki)
Lunge Punch	(Oi Tsuki)
Reverse Punch	(Gyaku Tsuki)

### Leg Techniques (Geri Waza)

Front Snap Kick	(Mae Geri)
Side Thrust Kick	(Sokuto Geri)
Roundhouse Kick	(Mawashi Geri)

### Movement

The techniques listed above must be able to be performed from a stand still position as well as moving forward in Forward Stance (Zenkutsu Dachi).

### Kata

Pinan Nidan

### Fitness

20 Push ups



## Requirements for Shichi (7th) KYU

### Stances (Tachi Waza)

Attention Stance	(Heisoku Dachi)
Open Leg Stance	(Soto Hachiji Dachi)
Forward Stance	Zenkutsu Dachi)
Horse Stance	(Naifanchi Dachi)
Square Stance	(Shiko Dachi)

### Blocking Techniques (Uke Waza)

Upper Block	(Age Uke)
Lower Block	(Harai Uke)
Outside Centre Block	(Yoko Uchi Uke)
Inside Centre Block	(Yoko Uke)
Knifehand Block	(Shuto Uke)

### Hand Techniques (Te Waza)

Straight Punch	(Choku Tsuki)
Lunge Punch	(Oi Tsuki)
Reverse Punch	(Gyaku Tsuki)

### Leg Techniques (Geri Waza)

Front Snap Kick	(Mae Geri)
Side Thrust Kick	(Sokuto Geri)
Roundhouse Kick	(Mawashi Geri)

### Movement

The techniques listed above must be able to be performed from a stand still position as well as moving forward and backward in Forward Stance (Zenkutsu Dachi).

### Kumite

One Step Kumite  
(Kihon Ippon Kumite)

### Kata

Pinan Sandan

### Fitness

25 Push ups



## Requirements for Roku (6th) KYU

### Stances (Tachi Waza)

Attention Stance	(Heisoku Dachi)
Open Leg Stance	(Soto Hachiji Dachi)
Forward Stance	(Zenkutsu Dachi)
Horse Stance	(Naifanchi Dachi)
Square Stance	(Shiko Dachi)

### Blocking Techniques (Uke Waza)

Upper Block	(Age Uke)
Lower Block	(Harai Uke)
Outside Centre Block	(Yoko Uchi Uke)
Inside Centre Bloc	(Yoko Uke)
Knifehand Block	(Shuto Uke)

### Hand Techniques (Te Waza)

Straight Punch	(Choku Tsuki)
Lunge Punch	(Oi Tsuki)
Reverse Punch	(Gyaku Tsuki)

### Leg Techniques (Geri Waza)

Front Snap Kick	(Mae Geri)
Side Thrust Kick	(Sokuto Geri)
Roundhouse Kick	(Mawashi Geri)

### Combinations

Basic blocks with reverse punch stepping in Forward Stance.

Basic kicks with reverse punch stepping in Forward Stance.

### Kumite

One Step Kumite  
(Kihon Ippon Kumite)

### Kata

Pinan Sho dan

### Fitness

25 Push ups



## Requirements for Go (5th) KYU

All requirements from this level on are in addition to all previous requirements.

### Stances (Tachi Waza)

Tension Stance	(Sanchin Dachi)
Back Stance	(Kokutsu Dachi)
Cat Stance	(Neko Ashi Dachi)
Cross Leg Stance	(Kosa Dachi)

### Blocking Techniques (Uke Waza)

Sweeping Block	(Nagashi Uke)
Cross Arm Block	(Juji Uke)

### Hand Techniques (Te Waza)

Straight Punch	(Choku Tsuki)
Lunge Punch	(Oi Tsuki)
Reverse Punch	(Gyaku Tsuki)
Knifehand Strike	(Shuto Uchi)
Reverse Knifehand Strike	(Gyaku Shuto Uchi)
Palm heel Strike	(Teisho Uchi)

### Leg Techniques (Geri Waza)

Front Snap Kick	(Mae Geri)
Side Thrust Kick	(Sokuto Geri)
Roundhouse Kick	(Mawashi Geri)
Back Thrust Kick	(Ushiro Geri)

### Combinations

Basic blocks with reverse punch stepping forward and back.

Basic kicks with reverse punch stepping forward and back.

Combination kicks with reverse punch stepping forward and back.



## Requirements for Go (5th) KYU – cont.

### **Kumite**

One Step Kumite (Ippon Kumite) from a defensive stance.  
Free Sparring (Jiju kumite)

### **Kata**

Pinan Yondan  
Sanchin

### **Fitness**

30 Push ups





## Requirements for Yon (4th) KYU

All previous requirements plus the following:

### **Kihon**

1. Basic blocks with reverse punch
2. Basic kicks with reverse punch
3. Two kicks and reverse punch combinations
4. Three kicks and reverse punch combinations
5. Two kicks (same leg) and reverse punch combination

### **Kumite**

- |                       |                      |
|-----------------------|----------------------|
| One Step Kumite       | (Kihon Ippon Kumite) |
| Semi Freestyle Kumite | (Jiyu Ippon Kumite)  |
| Freestyle Kumite      | (Jiyu Kumite)        |

### **Kata**

- Pinan Godan
- Gekisai Dai Ichi
- Gekisai Dai Ni

### **Fitness**

- Genbu Kai Fitness Drill x 10



## Requirements for San (3rd) KYU

### **Kihon**

1. All basic technique performed individually
2. Two point combinations
3. Three point combinations
4. Multiple technique combinations

### **Kumite Kihon**

1. Kumite style combinations using lead and reverse hands
2. Kumite style combinations using legs
3. Kumite style combinations using hands and legs

### **Kumite**

- Semi Freestyle Kumite (Jiyu Ippon Kumite)  
Freestyle Kumite (Jiyu Kumite)

### **Self Defense**

- 5 Basic Defensive Techniques

### **Kata**

- Itosu Bassai Dai  
Naifanchi Shodan

### **Fitness**

- Sanchin  
Conditioning Drill x 12



## Requirements for NI (2nd) KYU

### **Kihon**

1. All basic technique performed individually
2. Two point combinations
3. Three point combinations
4. Multiple technique combinations

### **Kumite Kihon**

1. Kumite style combinations using lead and reverse hands
2. Kumite style combinations using legs
3. Kumite style combinations using hands and legs

### **Kumite**

- Semi Freestyle Kumite (Jiyu Ippon Kumite)  
Freestyle Kumite (Jiyu Kumite)

### **Self Defense**

- 5 Intermediate Defensive Techniques

### **Kata**

- Matsumora Rohai  
Jitte

### **Fitness**

- Sanchin  
Genbu Kai Fitness Drill x 14



## Requirements for IK (1st) KYU

### **Kihon**

1. All basic technique performed individually
2. Two point combinations
3. Three point combinations
4. Multiple technique combinations

### **Kumite Kihon**

1. Kumite style combinations using lead and reverse hands
2. Kumite style combinations using legs
3. Kumite style combinations using hands and legs

### **Kumite**

- Semi Freestyle Kumite (Jiyu Ippon Kumite)  
Freestyle Kumite (Jiyu Kumite)

### **Self Defense**

- 5 Advanced Defensive Techniques

### **Kata**

- Kushanku Dai  
Jion

### **Fitness**

- Sanchin  
Genbu Kai Fitness Drill x 15



## SHODAN Testing Techniques

### Part 1 – Hand Techniques

1. JODAN TSUKI AND 2 CHUDAN TSUKI (ZENKUTSU DACHI)
2. AGE UKE AND GYAKU TSUKI (ZENKUTSU DACHI)
3. YOKO UCHI UKE (ZENKUTSU DACHI), YOKO HIJI ATE AND URA KEN (SHIKO DACHI)
4. YOKO UKE, MAE-ASHI GERI, GYAKU TSUKI (NEKO ASHI DACHI)
5. HARAI UKE AND JODAN GYAKU TSUKI (ZENKUTSU DACHI)
6. SHUTO UKE (ZENKUTSU DACHI), MAE-ASHI GERI AND NUKI-TE (ZENKUTSU DACHI)
7. SHUTO UCHI, GYAKU SHUTO UCHI AND TEISHO UCHI (ZENKUTSU DACHI)
8. AGE HIJI ATE, MAWASHI HIJI ATE (ZENKUTSU DACHI) OTOSHI HIJI ATE (SHIKO DACHI)
9. GYAKU TSUKI (ZENKUTSU DACHI)
10. SHUTO UCHI (ZENKUTSU DACHI) GYAKU SHUTO UCHI (SHIKO DACHI) AND SPINNING SHUTO UCHI (SHIKO DACHI)
11. SHUTO UCHI (ZENKUTSU DACHI), GYAKU SHUTO UCHI (SHIKO DACHI), SPINNING SHUTO UCHI (SHIKO DACHI) AND GYAKU TSUKI (ZENKUTSU DACHI)

### Part 2 – Combinations

1. MAE GERI AND OI TSUKI (ZENKUTSU DACHI)
2. CHUDAN MAE GERI AND JODAN MAE GERI (ZENKUTSU DACHI)
3. MAE GERI, YOKO GERI KEKOMI, USHIRO GERI AND GYAKU TSUKI (ZENKUTSU DACHI)
4. MAE GERI, MAWASHI GERI, USHIRO GERI AND GYAKU TSUKI (ZENKUTSU DACHI)
5. YOKO GERI, YOKO GERI AND GYAKU TSUKI (ZENKUTSU DACHI)
6. MAWASHI GERI AND GYAKU TSUKI (ZENKUTSU DACHI)
7. MAE GERI, YOKO GERI (SAME LEG) AND GYAKU TSUKI (ZENKUTSU DACHI)
8. MAE GERI, MAWASHI GERI (SAME LEG) AND GYAKU TSUKI (ZENKUTSU DACHI)
9. SPINNING USHIRO GERI (ZENKUTSU DACHI)
10. SPINNING USHIRO GERI WITH GYAKU TSUKI (ZENKUTSU DACHI)



## SHODAN Testing Techniques – cont.

11. COMBINATION KICKS, MAE GERI, YOKO GERI, MAWASHI GERI AND USHIRO GERI, THEN TURN AND PERFORM ALL FOUR KICKS IN ANY ORDER
12. THREE DIRECTIONAL KICK; MAE GERI, YOKO GERI AND USHIRO GERI FROM STATIONARY ZENKUTSU DACHI

### Part 3 – Kata

Examinee will perform two kata. One of his/her choice and one of the chief examiner's choice. The following kata are mandatory for shodan examination:

- PINAN SHODAN ~ PINAN GODAN
- NAIFANCHI SHODAN
- BASSAI DAI
- JION
- JIIN
- JITTE
- MATSUMORA ROHAI
- WANSHU
- WANKAN
- KUSHANKU DAI
- SEIENCHIN

### Part 4 – Kumite

Semi freestyle kumite using kumite type techniques, not self-defense type techniques.

Freestyle Kumite

### Part 5 – Control Demonstration

Examinee must demonstrate control of punching techniques while assistant moves pen in various directions and distances.

### Part 6 – Fitness Drill

Examinees should be prepared to complete 12 ~ 15 repetitions.



## DAN Level Katas

### SHODAN

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yondan
5. Pinan Godan
6. Naifanchi Shodan
7. Bassai Dai (Itosu)
8. Jitte
9. Jiin
10. Jion
11. Matsumora Rohai
12. Wanshu
13. Wankan
14. Kushanku Dai
15. Seienchin

### NIDAN

15 listed above plus:

16. Bassai Sho
17. Kushanku Sho
18. Niseishi
19. Seisan
20. Seipai

### SANDAN

20 listed above plus:

21. Chinto
22. Chinte
23. Kururunfa
24. Shisochin
25. Shiho Kushanku

### YONDAN

25 listed above plus:

26. Gojushiho
27. Aragaki Sochin
28. Matsumura Bassai
29. Nipaipo
30. Suparinpei

