

Shito-Ryu Karate-Do Kyoju Yoku (Essential Curriculum)

Te Ashi Kakubu no Meisho (Hand and Foot Weapons)

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| 1. | Dai Ken To | Large knuckles of the index and forefingers (MCPs or metacarpophalangeal joints) where the fingers meet the palm |
| 2. | Sho Ken To | Second knuckles (PIPs or proximal interphalangeal joints) of the index finger and forefinger |
| 3. | Kentsui | Hammerfist |
| 4. | Uraken | Backfist |
| 5. | Nukite | Spearhand |
| 6. | Shuto | Sword (knife) hand |
| 7. | Shotei | Palm heel |
| 8. | Ippon Ken | One knuckle, one point fist |
| 9. | Shuho | "Mountain hand" (back knuckle of a peaked hand) |
| 10. | Urashuto | Inverted sword hand (ridge hand) |
| 11. | Yubi Hasami | Thumb and forefinger "scissors" |
| 12. | Hira Basami | Full hand "scissors" |
| 13. | Kote | Back of hand/forearm |
| 14. | Koken | Wrist |
| 15. | Hiji | Elbow |
| 16. | Hiza | Knee |
| 17. | Koshu | Back of heel |
| 18. | Soko | Instep |
| 19. | Josokute | Ball of foot |
| 20. | Kasokute | Heel |
| 21. | Sokuto | Outer edge of foot |

Tachi Kata (Stances)

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| 1. | Heisoku Dachii | Feet together, close-toed stance |
| 2. | Musubi Dachii | Feet together, open-toed stance |
| 3. | Namiheiko Dachii | Parallel stance (feet shoulder width, toes straight) |
| 4. | Uchihachiji Dachii | Inner figure eight stance (feet shoulder width, toes inward) |
| 5. | Sotohachiji Dachii | Outer figure eight stance (feet shoulder width, toes outward) |
| 6. | Shiko Dachii | Sumo (side facing, square) stance |
| 7. | Heiko Dachii | Forward parallel stance (feet natural walking distance apart) |
| 8. | Zenkutsu Dachii | Forward (bent leg) stance |
| 9. | Kokutsu Dachii | Back (bent leg) stance |
| 10. | Nekoashi Dachii | Cat foot stance |
| 11. | Renoji Dachii | Katakana figure "Re" stance (feet in a tilted "V" position) |
| 12. | Kosa Dachii | Crossed leg stance |

Tsuki Kata (Thrusts)

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| 1. Seiken Tsuki | Standard forefist thrust (first two knuckles) |
| 2. Tateken Tsuki | Vertical forefist thrust |
| 3. Uraken Tsuki | Inverted (fist turned 180 degrees) forefist thrust |
| 4. Hiraken Tsuki | Four knuckle thrust (leopard punch) |
| 5. Morote Tsuki | Two arm, two level thrust (top hand jodan seiken, bottom hand chudan uraken) |
| 6. Age Tsuki | Rising thrust (upper cut) |
| 7. Furi Tsuki | Round house thrust |
| 8. Wa Zsuki | Two arm, horizontal circle thrust |
| 9. Ipponken | One knuckle (one point) thrust |
| 10. Nukite | Spear hand |

Uchi Kata (Strikes)

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| 1. Shuto Uchi | Sword hand (knife edge) strike |
| 2. Kentsui Uchi | Bottom fist strike (hammer fist) |
| 3. Uraken Uchi | Back knuckle strike |
| 4. Urashuto | Inverted sword hand (ridge hand) |
| 5. Shuho | Mountain hand (back knuckles of a peaked hand) |
| 6. Hijiate | Elbow smash |

Keri Kata (Kicks)

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| 1. Soko Geri | Instep kick |
| 2. Chudan Geri | Ball of foot forward, middle area kick |
| 3. Jodan Geri | Ball of foot forward, upper area kick |
| 4. Hiza Geri | Knee kick |
| 5. Fumioroshi | Toe stomping kick |
| 6. Sokuto Geri | Side, knife edge, lower area (knee level) kick |
| 7. Yoko Geri | Side, knife edge, middle area kick |
| 8. Mawashi Geri | Roundhouse, instep, middle area kick |
| 9. Koshu Geri | Heel back rising kick |
| 10. Hizagaeshi | Knee sweeping across kick |
| 11. Josokutei | Ball of the foot |
| 12. Kasokutei | Heel of the foot |

Uke Kata - Jodan (Blocks - Upper level)

1. Age Uke Rising block
2. Uchi Uke Forearm inward block
3. Uchiotoshi Inside "big drop" forearm block
4. Yoko Barai Forearm outward side parry
5. Wa Uke Two arm circle (roof) block
6. Tsuki Uke Thrust block
7. Kosa Uke Crossed arms block
 - a. closed hands, palms toward front
 - b. open hands, palms toward sides away from each other
8. Kote Uke Back of hand block
9. Sashite Inward sweeping palm block
10. Kara Uke Side stepping with Kokutsu dachi- a "slipping" block
11. Ko Uke Wrist block
12. Kuri Uke Inside out, circle block with knife edge of hand

Uke Kata - Chūdan (Blocks - Middle level)

1. Yoko Uke Forearm outward side block
2. Harai Uke Middle area downward parry
3. Wa Uke Two arm circular block
4. Kosa Uke Crossed arms block (palms downward)
5. Ninoude Back of forearm (hirakote) inward block
6. Shotei Uke Palm heel block
7. Gassho Uke Praying hands block
8. Ura Uke Inverted block (small circle with wrist)
9. Kensasae Uke Two hand outward block, open hand support at fist
10. Kakete Hooking hand block
11. Hiji Uke Elbow block
12. O-ura Uke Large circle inverted forearm block
13. Uchi Uke Forearm inward block
14. Yoko Barai Forearm outward side parry
15. Ukenagashi Inward palm sweeping block
16. Kote Uke Back of hand block
17. Ko Uke Wrist block
18. Sukui Uke Scooping block
19. Shuto Uke Sword hand block
20. Hijisasae Uke Two hand outward block, closed fist at elbow
21. Hirayuki Two hand knife-edge out block
22. Kakiwake Wedge block
23. Tsukidome Withdrawing forearm block (after thrust)

Uke Kata - Gedan (Blocks - Lower level)

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| 1. | Harai Uke | Downward parry (Gedan Barai when in Zenkutsu/Kokutsu dachi) |
| 2. | Shuto Barai | Sword hand parry |
| 3. | Ryotesukui Uke | Two hand scooping block |
| 4. | Katate Sukui Uke | One hand scooping block |
| 5. | Furisute | Scoop and throw block |
| 6. | Wa Uke | Two arm circular block |
| 7. | Sukuidome | Scoop and catch block |
| 8. | Kosa Uke | Crossed arms block |
| 9. | Hizagaeshi | Knee sweeping across block |

General Terms

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|-----|-----------------------|---|
| 1. | Mokutso! | Close your eyes and clear your mind! |
| 2. | Kaimoku! | Open your eyes! |
| 3. | Shomen ni Rei! | Bow to the front! |
| 4. | Sensei ni Rei! | Bow to the Teacher! |
| 5. | O-tagai ni Rei | Bow to each other (all together)! |
| 6. | Kumайте! | Ready position! |
| 7. | Naotte! | Return to finishing position! |
| 8. | Yame! | Stop! Finish! |
| 9. | Shotei Oshii | Two Palm heel strike or block |
| 10. | Soto | Outside or outer |
| 11. | Uchi | Inside or inner |
| 12. | Hira Kote | Back of Forearm |
| 13. | Hanmi | Half Facing (e.g., Itosu style Shuto Uke) |
| 14. | Yoko | Side |
| 15. | Sempai | Senior |
| 16. | Kohai | Junior |
| 17. | Sensei | Teacher, usually at least 3 rd dan. |
| 18. | Yudansha | Black belt rank (dan) |
| 19. | Shihan | Head Teacher of a school, usually at least 5 th dan
(lit. "Teacher by Example") |
| 20. | Renshi | Honorary Title awarded to shihan (e.g., Assistant Professor) |
| 21. | Kiyoshi | Honorary Title awarded to shihan (e.g., Associate Professor) |
| 22. | Hanshi | Highest level title awarded to shihan. "Teacher of Teachers"
(e.g., Full Professor) |
| 23. | Soke | Headmaster (Founder) of a system in Budo. Typically not
described as having a "rank", but may be considered as 10 th dan. |
| 24. | O-lemoto | Head of the House. More traditional title for current headmaster
and used mostly in arts such as Sado, etc. |

Shito-Ryu Karate-Do Curriculum

Special Exercises

1. **Tenshin Hoppo** **Eight Directions of Movement**
2. **Hijiate Goho** **Five Direction Elbow Strike Exercise**
3. **Tenpōgosoku no Ho** **Five Methods of Body Shifting**

Deashi stepping in (alternating feet)
Hikiashi stepping back (alternating feet)
Yoriashi shuffling (same foot forward advance)
Mawariashi spinning or turning
Tobiashi jumping/springing

4. **Uke no Gogenri** **Five Methods of Defense**

Rakka directing or moving the attack downward
Ryūsui moving around the attack (flowing around)
Kusshin lowering the center of gravity
Teni body shifting away from the attack
Hangeki meeting the attack with a counterattack

5. **Kumite** **Engaging techniques with a partner**

Kihon Kumite (Basic Kumite)

Yakusoku *Prearranged ("promised") attacks*
Ippon Single attack, one step
Nihon Two predefined attacks, one step
Sanbon Three predefined attacks, one step
Hukushiki Walking attacks
Kumite Kata Practicing bunkai applications of kata

Oyo Kumite (Application Kumite)

Hokei Four attackers
Mawari Circle of attackers
Jiyu Ippon Free style, one step
Jiyu Free style