

Shito Ryu Karate Do Kyoju Yoko

The Essential Curriculum of Shito-Ryu Karate

Practice Worksheet used by the Albany Dojo

Tachi Kata (Stances)

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

Tsuki kata (Thrusts)

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

Uchi Kata (Strikes)

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

Keri Kata (Kicks)

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

Uke Kata (Jodan) (Blocks - Upper level)

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

Uke Kata (Chudan) (Blocks - Middle level)

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

Uke Kata (Gedan) (Blocks - Lower level)

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