Grading Curriculum - Shito-Ryu Karate-Do

**Green Belt Requirements**

Required for promotion to 6th Kyu Green Belt

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**Stances (Dachi)**

Complete Knowledge of all Stances

12 Stances

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**Punches (Tsuki)**

- Morote Tsuki: Two arm, two level thrust
- Uraken Tsuki: Inverted fore fist thrust
- Tateken Tsuki: Vertical fore fist thrust

Combination of the above: Work out your own combination (stepping)

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**Blocks (Uke)**

- Yoko Barai: Forearm outward side parry
- Higisasae Uke: Reinforced block, closed fist at elbow
- Harai Uke Chudan: Middle area downward parry
- Shuto Uke: Knife hand block

Combination of above: Work out your own combination (stepping)

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**Kicks (Geri)**

- Sokotu Geri Gedan: Side knife edge (knee level) kick
- Mae Geri Chudan: Ball of foot, forward middle area kick
- Sokotu Geri Chudan: Side kick midsection

Combination of above: Work out your own combination (stepping)

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**Strikes (Uchi)**

- Shuto Uchi: Knife hand strike
- Urashuto Uchi: Ridge hand strike
- Shuho Uchi: Mountain Hand (back knuckles of peaked hand)

Combination of above: Work out your own combination (stepping)

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**Idoshiki 5-8**

5. Deashi Uraken Uchi, Gyaku Tsuki - Higiashi Jodan Age Uke, Gyuaku Tsuki
   *Step fwd backfist strike, reverse punch – Step back upper block, reverse punch*

6. Deashi Chudan Yoko Uchi, Gyaku Tsuki - Higiashi Chudan Yoko Uke, Gyaku Tsuki
   *Step fwd midsection inside forearm block, reverse punch – Step back midsection forearm outward side block, reverse punch*
7. Deashi Gedan Barai, Gyaku Tsuki - Higiashi Shuto Uke, Age Higiate
   *Step fwd downward block, reverse punch – Step back knife hand block, rising elbow strike*

8. Deashi Soko Geri, Tateken Tsuki - Higiashi Sukui Uke
   *Step fwd lower instep kick, vertical fore fist punch – Step back scooping block*

**Kumite**

Ippon Kumite – Single Step with one attack
Demonstrate Jodan, Chudan and Gedan

Ippon Jyu Kumite – 3 x one minute rounds

**Kata & Bunkai**

Pinan Shodan & Bunkai (demonstrate 3 applications with a partner)

**Self Defence**

Wrist Holds x 4

Coat Holds x 5