

NEDERLANDSE FEDERATIE  
VOOR KRIJGSKUNSTEN  
BLACK BELT TO 5<sup>TH</sup> DAN EXAM PROGRAM  
**SHITO-RYU KARATE**



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NFK Shito-ryu karate  
Gonzalo Villarrubia  
Updated by January 2014



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## PREFACIO

Dear reader, this is the NFK's program for the exam to achieve black belt to 5th dan level. This program is reviewed on a yearly basis in order to supervise that it remains a valid tool for assessing the expected level of Shito-ryu karatekas of the NFK. This program does not follow literally the program from any other organisation but it is rather a compendium of influences of what I most like from numerous programs that I have read, paired with my own vision of how Shito-ryu should develop in the NFK. I hope it is a vehicle that can accommodate all members of the different dojos inside the NFK's Shito-ryu platform.

The idea behind this program is **to form all-rounded Shito-ryu karatekas**. In this sense, I have tried to build up a program **with a good balance between kihon, kata and kumite**. Kihon is showed not in lineal way but considering Tenshin Happo, a formal Shito-ryu eight directional lay-out and incorporating renzou waza, in which the candidate should complete different sequences combining techniques with both hands simultaneously. At the level of black belt or 1<sup>st</sup> dan kihon must be consistent and the candidate must have achieved already sufficient proficiency on certain technical peculiarities of Shito-ryu. Kata is very important in Shito-ryu because, unlike other karate styles, Shito-ryu knows a very large number of katas (+70) from Shuri-te, Naha-te, Tomari-te as well as some chinese kata from the white crane style. However, the comprehension of the techniques of kata is of the essence and a great deal of the program addresses bunkai kumite. I have introduced some basics of kobudo for 4<sup>th</sup> and 5<sup>th</sup> dan because kobudo was also significant in the technical background of the founder of Shito-ryu and also due my conviction that a good karateka should be familiarized -to certain extent- with the use of weapons. This is also aligned with the aspiration of becoming not only a karateka but also an **all-rounded budoka**.

Shito-ryu is nowadays one of the biggest styles in the world. Kenwa Mabuni is the founder of Shito-ryu. In the 19<sup>th</sup> century the two most influential areas connected to karate in Okinawa were Naha and Shuri and the most famous grandmaster in Shuri was Itosu (founder of Shorin-ryu) while in Naha the grandmaster was Higaonna (founder of Shorei-ryu). Kenwa Mabuni was a student of both grandmasters and, out of respect for his teachers, named his style Shito-ryu, which formed from the first hieroglyphs of names of these grandmasters ("Ito" - old Chinese hieroglyph "Shi", "Higa" - old Chinese hieroglyph To).



Kenwa Mabuni was born in 1889 in Shuri, Okinawa and died in 1952. At the age of 13, he began his martial arts instruction under Itosu in the village of Shuri and, some years later, he also began to study Naha-te under Higaonna. Both instructors passed away when Mabuni was in his late 20's. During the beginning of the 20th century Kenwa Mabuni began his teaching activity and created a school for the study of karate. He organized meetings in his house, which were attended by Gichin Funakoshi, Choju Oshiro, Choshin Chibana, Onbun Tokuda, Shimpan Shiroma, Seicho Tokuumura, Hoko Ishikawa, etc. In 1924 Kenwa Mabuni became the Karate instructor in two schools and received the honor to demonstrate the Art for Prince Titibu. In 1925 Kenwa Mabuni, with other masters organized "Okinawan Karate-Do Club", which brought to life his old dream of establishing a permanent training dojo. Many famous Karate leaders like Juhatsu Kyoda, Chojun Miyagi, Choyu Motobu, Chomo Hanashiro, Choju Oshiro, Choshin Chibana, Wu Xian Gui (Go Kenki) trained in this first dojo. Kenwa Mabuni and Chojun Miyagi became the permanent instructors of

the club as the youngest members. In 1927 Kenwa Mabuni met Jigoro Kano, the founder of modern Judo, who arrived to Okinawa to open a new judo dojo. Chojun Miyagi and Kenwa Mabuni had the opportunity to demonstrate and explain Jigoro Kano the techniques of Karate, who was convinced that karate should be wide spread in Japan. Being touched by these inspirational words Mabuni moved to Osaka to develop and popularize (Shito-ryu) karate in Japan. As a consequence, Kenwa Mabuni the Dai-Nihon Karate-Do Kai was founded in 1931. Subsequently, this organization was renamed into Nihon Karate-do Kai and became the predecessor of the Japan Karate-do Federation of Shito-Kai, the biggest Shito-ryu organization in the world. Finally, in 1993 the World Shito-ryu Karate-do Federation with the center in Tokyo was established, with Manzo Iwata as its president.

In Delft, 20<sup>th</sup> November 2013

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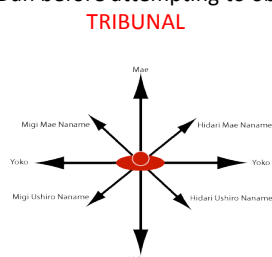
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## GENERAL CRITERIA

1. The NFK Shito-ryu Commission considers of the essence the balance of a **solid kihon level** with a correct performance of kata and abundant knowledge of **bunkai**. These three elements form the fundamentals of the exam.
2. **The exam will be judged in its integrity considering a good balance between above fundamentals.**
3. The Waza techniques should be done with both sides (right and left). The Renzoku techniques should follow at least 6 different directions and should include no less that 5 different Tzukis/Uchis and 5 different Ukes. Also at least 4 techniques should use both arms at the same time.
4. When doing bunkai the candidate does not need to do all but only the most significant bunkais of each kata, although the tribunal may ask the explanation of any technique.
5. The candidate must know all the program of the precedent levels to the one being attempted by the candidate. Apart from the program for any given level the tribunal may require the candidate to execute any additional technique or kata that deems necessary to better evaluate the knowledge of the candidate.
6. Lack of physical condition may lead to fail the exam too.
7. A mistake on a kata may lead to fail the exam without further performance.
8. Lack of control when doing bunkai and/or kumite may lead to fail of the exam. Distance, timing, spirit, physical condition, control, efficacy and variety of techniques will be judged during Jyu kumite.
9. Kobujutsu follows the program of the NFK. Candidates with black belt kobudo level are exempted.
10. Criteria of minimum age and time spam for acceding to the grades:

Black Belt	15 years old	1 year since 1st kyu
1 <sup>o</sup> DAN	16 years old	1 year since 1st kyu
2 <sup>o</sup> DAN	18 years old	2 years since 1st Dan
3 <sup>o</sup> DAN	21 years old	3 years since 2nd Dan
4 <sup>o</sup> DAN	25 years old	4 years since 3rd Dan
5 <sup>o</sup> DAN	30 years old	5 years since 4rd Dan
6 <sup>o</sup> DAN	36 years old	6 years since 5th Dan

- a. The NFK Shito-ryu Commission may contemplate deviations from above indicated age and time criteria based on extraordinary elements of consideration to be brought by the candidate to the Commission. The request by the candidate relative to these extraordinary elements should be made available to the Commission with at least 3 months before the date of the exam.
  - b. Black belts must obtain their 1<sup>st</sup> Dan before attempting to obtain the 2nd Dan.
11. Lay out of the exam, Tenshin Happo:



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### SHITO-RYU KARATE

Black Belt and Sho Dan		
<b>Theory</b>		<p>The candidate should know the meaning of the following concepts and terms:</p> <ol style="list-style-type: none"> <li>1. KARATE</li> <li>2. ZANSHIN</li> <li>3. CHAKUGAN</li> <li>4. KIME, KIAI</li> <li>5. REI</li> <li>6. DOJO KUN</li> <li>7. KATA, EMBUSEN</li> <li>8. KUMITE</li> <li>9. KIHON</li> <li>10. YORI ASHI, HIKI ASHI</li> <li>11. JODAN, CHUDAN, GEDAN</li> <li>12. TSUKITE, HIKITE</li> <li>13. KEAGE, KEBANASHI, KEKOMI</li> </ol> <p>The candidate should understand the technical features, the origins and historical development of Shito-ryu with stress on the Shuri-te stile.</p>
<b>Waza**</b>	Dachi	A combination of 8 different stands in at least 4 directions, left and right
	Tzuki/Uchi	A combination of 8 different techniques in at least 4 directions, left and right
	Uke	A combination of 8 different techniques in at least 4 directions, left and right
	Geri	A combination of 6 different techniques in at least 4 directions, left and right
	Renzoku***	Tenshin-Happo: from 12 minimum to 15 techniques maximum
<b>Kata</b>	Pinan	Shodan to Godan (for black belt) 1 Pinan chosen by the candidate (for 1 <sup>st</sup> Dan. However, any other Pinan may also be requested by the Tribunal)
	Advanced	Kosokun Dai (for black belt and 1 <sup>st</sup> dan) Bassai Dai (only for 1 <sup>st</sup> dan) Seienchin (only 1 <sup>st</sup> dan)
<b>Kumite</b>	Bunkai #	1 Pinan chosen by candidate (for black belt and 1 <sup>st</sup> dan) Bassai Dai or Kosokun Dai <u>and</u> Seienchin (only 1 <sup>st</sup> dan)
	Yakosuku	5 Pinan (both sides for 1 <sup>st</sup> Dan and 1 side for black belt)
	Ipon	2 vs Tzuki and 1 vs Geri (for both black belt and 1 <sup>st</sup> dan)
	Goshin Self Defense	1 vs Grab (only 1 <sup>st</sup> dan)
	Jyu ^	1x 90 seconds (for both black belt and 1 <sup>st</sup> dan)

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		Ni Dan
<b>Theory</b>	<p>The candidate should know the following concepts:</p> <ol style="list-style-type: none"> <li>14. MOKUSO</li> <li>15. KI</li> <li>16. KIHAKU</li> <li>17. IPPON KUMITE, SANBON KUMITE, GOHON KUMITE, YAKUSOKU KUMITE, JYJU IPPON KUMITE, JYU KUMITE, SIHAI KUMITE.</li> <li>18. SEN NO SEN, SEN-SEN NO SEN, &amp; GO NO SEN</li> <li>19. RITSU REI, OTAGAINI REI, SENSEINI REI, SOMENI REI, ZA REI</li> </ol> <p>The candidate should understand the technical features of Naha-te stile.</p>	
<b>Waza</b>	Renzoku***	15 min-18 techniques max
<b>Kata</b>	Pinan	Any Pinan kata may be requested by the Tribunal if deemed necessary
	Advanced	<p>Juroku Jion Matsumura No Rohai Saifa or Sesan</p>
<b>Kumite</b>	Bunkai #	<p>Juroku or Jion Matsumura No Rohai Saifa or Sesan</p>
	Yakosoku	5 Pinan, left and right
	Ipon	<p>2 vs Tzuki 2 vs Geri</p>
	Goshin Self Defense	<p>2 vs grab 1 vs Stick 1 vs knife</p>
	Jyu ^	1x 90 seconds



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		San Dan
<b>Theory</b>		<p>The candidate should know the following concepts:</p> <ol style="list-style-type: none"> <li>Hips: JYUN KAITEN, GYAKU KAITEN, ZENPO and KOHO</li> <li>Breathing: DONTOKU, IBUKI, IBUKI NOGARE, NOGARE, IBUKI SANKAI</li> <li>Hokei and MAWARI.</li> <li>Uke no Gogenri (5 methods of defense): Rakka [pulling or moving the attack downward], Ryusui [moving the attack to the side], Kusshin [lowering the center of gravity], Teni [body shifting away from the attack], Hangeki [meeting the attack with a counterattack]. And their relation with Sen no Sen and Go no Sen principles.</li> </ol> <p>The candidate should understand the technical features of on the so-called Tomari-te stile.</p>
<b>Waza</b>	Renzoku***	18 min- 21 techniques max
<b>Kata</b>	Pinan	Any Pinan kata may be requested by the Tribunal if deemed necessary
	Advanced	Bassai Sho or Kosokun Sho Jitte Niseishi or Aragaki-Ha-Sochin Sanseru or Shisochin
<b>Kumite</b>	Bunkai #	Bassai Sho or Kosokun Sho Jitte Niseishi or Aragaki-Ha-Sochin Sanseru or Shisochin
	Yakosoku	5 Pinan, left and right
	Ipon	2 vs Tzuki 2 vs Geri
	Goshin Self Defense	2 vs grab 2 vs Stick 2 vs knife
	Jyu ^	1x 90 seconds



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### SHITO-RYU KARATE

		Yon Dan
<b>Theory</b>		<p>The candidate should know the following concepts:</p> <ol style="list-style-type: none"> <li>1. KUNSHI NO KEN: to become a well-rounded, accountable, respectful individual.</li> <li>2. KOKORO GAMAE NO KOTO: the training of the mind and the spirit</li> <li>3. UKETE WA UCHITE: defense is attack</li> <li>4. YO RYU BI: technique should flow and be useful as well as beautiful</li> <li>5. Grading SHO-GO: RENSI, KYOSHI, HANSHI</li> <li>6. GO DO SHIN (Five Principles): Ishi [determination], Dotoku [morality], Hatten [development], Joshiki [common sense], Heiwa [peace]</li> <li>7. SHU HA RI</li> <li>8. SHIN GI TAI</li> </ol> <p>The candidate should know which kata belongs to each school e.g. Itosu-ha, Higaona-ha, Mabubi Kenwa, etc.</p>
<b>Waza</b>	Renzoku***	18 min - 21 techniques max
<b>Kata</b>	Pinan	Any Pinan kata may be requested by the Tribunal if deemed necessary
	Advanced	Gojushiho Chinto Sei Pai Pascyu
<b>Kumite</b>	Bunkai #	Gojushiho or Chinto Sei Pai Pascyu
	Yakosoku	Gekkisai Dai Any Pinan may also be requested by the Tribunal if deemed necessary
	Ipon	3 vs Tzuki 3 vs Geri
	Goshin Self Defense	3 vs Grab 3 vs Stick 3 vs Knife
	Jyu ^	1x 90 seconds
<b>Kobudo ^^</b>	Bo Jutsu	Kihon+ 10 Kumite + Kata SujiNoKonSho



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		Go Dan
<b>Theory</b>		Brief written thesis (no more than 5 pages) in Dutch or English about any of the following topics: Do vs Jutsu; Kara and Health: Physical & Mental Aspects in Karate; Karate as a therapy, Sport Karate vs Traditional Karate,, Karate as Self Defense
<b>Kata</b>	Pinan	Any Pinan kata may be requested by the Tribunal if deemed necessary
	Advanced	Chantanyara No Kusanku Anan or Unsyu Nipaipo or Suparimpei
<b>Kumite</b>	Bunkai #	Chantanyara No Kusanku Anan or Unsyu Nipaipo or Suparimpei
	Yakosoku	Tensyo Any Pinan and Gekki Sai may also be requested by the Tribunal if deemed necessary
	Goshin Self Defense	Free work of about 5 minutes in which the candidate, with the assistance of maximum 3 ukes, shows tactical kumite applying Kansetsu/TuiteWaza, Nage Waza, Atemi Waza, Tsukami Waza, Katame Waza, etc.
	Jyu ^	1x 90 seconds
<b>Kobudo ^^</b>	Sai Jutsu	Kihon + 9 Kumite + Kata Tsukenshitahaku No Sai

