



Chito-Ryu Karate-Do Grading Requirements



Rank & Belt Colour	Standard International Requirements	Bunkai • Ukemi • Officiating • Kobudo	Fitness	Key Basics	Stages of Development	
12 kyu	Basics	How to Tie Your Belt • How To Bow Dojo Etiquette & Count 1-10 in Japanese	5	Correct form & body structure Kick, Punch, Block, Stances, Stepping	Form	
11 kyu	Kihon Dosa 1		10	Metsuke (eye focus) Hikite (pull back of arm) Seiken (correct fist) Shibori (squeeze armpit, shoulders down)		
10 kyu	Kihon Dosa 2 • Seiken no Migi Hidari	Kihon Dosa Bunkai	15	Co-ordination, body control & flexibility Kumite: guard, footwork, attacks		
9 kyu	Moving Basics Kihon Dosa 3 • Zenshin Kotai	Kihon Dosa 3 Bunkai Zenshin Kotai Bunkai	20			
8 kyu	Kihon Dosa 4 • Enpi no Kata • 27 Te Waza	Kihon Dosa 4 Bunkai	25	Kime (focus at end of technique) Seichusen (correct centre line, target) Kokyu (breathing)		
7 kyu	Kihon Kata 1		30	Kumite: distance & defence		
6 kyu	Basics • Kicks Kihon Kata 2		35			
5 kyu	Basics • Rinten Tsuki Kihon Kata 3	Rinten Bunkai • Ukemi	40	Suriashi (sliding feet while stepping) Shime (correct muscle tension) Hikiashi (pull back of leg)		Pull to the Centre
4 kyu	Basics Shiho Wari • Shime no Kata • Shihohai	Tehodoki no waza (wrist escapes) Shihohai Bunkai	45	Sharpening weapons Kumite: timing, speed & accuracy		
3 kyu	Seisan Kihon Dosa 2 • Kihon Kata 1	Seisan Bunkai	50			
2 kyu	Niseishi Dai Kihon Dosa 3 • Kihon Kata 2	Niseishi Bunkai • Ukemi Kihon Bo 1-14 (old)	55	Kiai (spirit united with technique) Posture (align - head, shoulders, hips) Zanshin (remaining spirit, after attack)	Acceleration	
1 kyu	Bassai Kihon Dosa 4 • Kihon Kata 3	Bassai Bunkai • Ukemi Kihon bo kata 1 • Kihon bo kata 2	60	Kumite: fighting spirit		
Shodan	Chinto & one kata of your choice	Henshuho 1~10 • Chinto Bunkai • Ukemi Officiating Kumi bo	100~			
Nidan	Sochin & one kata of your choice	Henshuho 11~20 • Sochin Bunkai Officiating	100~	Tame & Kime (elastic, whipping power)	Impact Power	
Sandan	Rohai Sho • Rohai Dai • Tenshin	Henshuho 21~28 Officiating	100~	Seichusen		
Yondan	Sanshiru & one kata of your choice	Nage no Kata Officiating		Tanden	Relaxation	
Godan	Kusanku & one kata of your choice	Sakugawa no kon Thesis				
Roku Dan	Ryusan & one kata of your choice	Sakugawa no kon Thesis				
Nanadan	Sanchin & one kata of your choice	Thesis				
Hachidan	One kata of your choice	Thesis				
Kyudan	Sohonbu grading	Thesis				