


<b>Goju Ryu and Shito Ryu Dan Grade requirement</b>	
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## Goju Ryu Dan Grade

### Shitei-kata

One kata from these three katas

- a. Seiyunchin
- b. Seipai
- c. Kururunfa

### Tokui-kata

Two katas from the following list

- a. Saifa
- b. Seiyunchin
- c. Seisan
- d. Seipai
- e. Sanseiru
- f. Shissochin
- g. Kururunfa
- h. Suparinpei

### Basic Kata

The panel can ask candidates to perform the following Basic katas.

- i. Sanchin
- j. Tensho
- k. Gekisai Ichi/Ni

### Jiyuu-kumite (free sparring)

## Shito Ryu Dan Grade

### Shitei-kata

One kata from these three katas

- a. Bassai-Dai
- b. Seienchin
- c. Kosokun-Dai

### Tokui-kata

Two katas from the following list but not from the same sub-group (A-1 etc.)

#### ITOSU

- A-1. Bassai-Dai
2. Bassai-Sho
- B-1. Kosokun-Dai
2. Kosokun-Sho
3. Shiho-Kosokun
- C-1. Jitte
2. Jiin
3. Jion
- D-1. Wanshu
- E-1. Rohai Shodan
2. Rohai Nidan
3. Rohai Sandan
- F-1. Chinto
2. Chintei
- G-1. Useishi (Gojushiho)

#### HIGAONNA

- a. Saifa
- b. Seienchin
- c. Seipai
- d. Sanseiru
- e. Shissochin
- f. Kururunfa
- g. Suparinpei (Suparinpai)

#### ARAGAKI

- a. Niseishi
- b. Sochin
- c. Unshu

#### MATSUMURA/MATSUMORA

- a. Matsukaze (Wankan)
- b. Matsumura-no-Seisan
- c. Matsumura Rohai (Koshiki Rohai)

#### KIYAN

- a. Annanko (Ananku)

#### UECHI

- a. Shimpa

#### MABUNI

- a. Juroku (Seiru)
  - b. Aoyagi (Seiryu)
  - c. Myojo
- KAKUHO (Crane Method)
- a. Hakucho (Haffa)
  - b. Nipaipo (Nipapo)
  - c. Papuren
- Variations
- a. Tomari Bassai
  - b. Matsumura Bassai
  - c. Chatan'yara Kusanku (Kosokun)

## Basic Kata

The panel can ask candidates to perform the following Basic katas.

- a. Pin'an (Heian) Shodan~Godan
- b. Sanchin
- c. Naihanchin (Naifanchi) Shodan

Jiyuu-kumite (free sparring)