

Chito-Ryu Karate-Do – Grading Requirements (Karate 4 Life)

Australian Belt Colours	Rank	Standard International Requirements	Bunkai • Ukemi • Officiating • Kobudo	Fitness	Key Basics
	12 kyu	Basics		5	Correct form & body structure Kick, Punch, Block, Stances, Stepping
	11 kyu	Kihon Dosa 1		10	Metsuke (eye focus) Hikite (pull back of arm) Seiken (correct fist) Shibori (squeeze armpit, shoulders down) Co-ordination, body control & flexibility Kumite: guard, footwork, attacks
	10 kyu	Kihon Dosa 2 • Seiken no Migi Hidari	Kihon Dosa Bunkai	15	
	9 kyu	Moving Basics Kihon Dosa 3 • Zenshin Kotai	Kihon Dosa 3 Bunkai Zenshin Kotai Bunkai	20	
	8 kyu	Kihon Dosa 4 • Enpi • 27 Te Waza	Kihon Dosa 4 Bunkai	25	Kime (focus at end of technique) Seichusen (correct centre line, target) Breathing (out with techniques) Kumite: distance & defence
	7 kyu	Kihon Kata 1		30	
	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) Sharpening weapons Kumite: timing, speed & accuracy
	4 kyu	Basics Shiho Wari • Shime Kata • Shihohai	Tehodoki no waza (wrist escapes) Shihohai Bunkai	45	
	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	55	Kiai (spirit united with technique) Posture (align - head, shoulders, hips) Zanshin (remaining spirit, after attack) Kumite: fighting spirit
	1 kyu	Bassai Kihon Dosa 4 • Kihon Kata 3	Bassai Bunkai • Ukemi Kihon bo kata 1 & 2	60	
	Shodan	Chinto	Henshuho 1~10 • Chinto Bunkai • Ukemi Officiating Kumi bo	100~	
	Nidan	Sochin	Henshuho 11~20 • Sochin Bunkai Officiating	100~	Tame & Kime (elastic, whipping power)
	Sandan	Rohai Sho/Dai • Tenshin	Henshuho 21~28 Officiating	100~	Seichusen
	Yondan	Sanshiru	Nage no Kata Officiating Sakugawa no kon	100~	Tanden