

Katsu Dojo Shito-Ryu Black Belt (Shodan) Study Guide

Based on the Katsu Dojo Digital Textbook (katsudojo.com). An unofficial study aid; your Sensei's instructions always come first.

Black Belt (Shodan) Requirements

- Perform **every basic exercise and every kata** listed in the textbook (all 14 kata).
- Take **all the written tests** in the textbook and score **100%**. From Green/White up, these are given **orally** in class the Monday or Tuesday before the test, using all the written questions in random order. Every answer must be correct.
- Other areas of the student's progression, both mental and physical, will be tested. The black belt test is private: only black belts may attend.
- **Age:** students 16 and older test for **Shodan** (1st Degree). Under 16 test for **Shodan-Ho** (Junior 1st Degree), unless an exception is made for superior ability and dedication. Junior black belts may not sit on the testing board, take part in the black belt test, or receive the title of Sensei.
- **Attendance:** attend almost all advanced classes in the months before the test, and help in beginner and intermediate classes.
- **Instructor review:** in the last two weeks before the test, your instructor reviews all requirements for your level, plus your attitude, manners, out-of-class behavior and school performance. Students who don't follow the five Katsu Dojo Virtues may not test.

Confirm with Sensei

- The minimum number of classes required at each belt level (the textbook says a minimum is required but gives no number).
- Whether every rank still uses the same Tanren Ho counts (the book lists 10 of each at every rank).
- Meaning of Sachin-dachi (listed as a stance from Green/Brown up, but not defined in the written tests).
- The Green Belt kanji question (the characters for Japan / kara / te) — practise from the printed textbook.
- The details of Take Down #7, Moving Exercise #2 and the Todi; the textbook only gives the quiz answers.
- How many rounds of Jyu Kumite, and what other 'mental and physical' areas, are tested at black belt.

- Whether kobudo (weapons) is part of the black belt test — the textbook's testing section does not list it.

The 14 Kata (in order)

Shiho No Kata

1

Four Direction Kata

Ten No Kata

2

Heavenly Kata

Kihon No Kata

3

Basic Kata

Chi No Kata

4

Earth Kata

Heian Shodan

5

Peaceful Mind #1

Heian Nidan

6

Peaceful Mind #2

Heian Sandan

7

Peaceful Mind #3

Heian Yondan

8

Peaceful Mind #4

Heian Godan

9

Peaceful Mind #5

Jitte

10

Ten Hands

Jin

11

Named after a spirit

Jion

12

Named after a temple in China (its temple of origin)

Jyuroku

13

Sixteen

Rohai

14

Vision of a white heron

Kihon: everything required by black belt

Tachikata (stances), 13

- **Musubi:** Attention stance
- **Yoi:** Natural stance
- **Zenkutsu:** Front stance
- **Shiko:** Wide stance
- **Hanzenkutsu:** Half-front stance
- **Neko Ashi:** Cat stance
- **Kosa:** "X" stance
- **Heisoku:** Feet-together stance
- **Kokutsu:** Back stance
- **Re No Ji:** V-stance
- **Sachin:** Confirm with Sensei (not defined in the written tests)
- **Ten No Ji:** "T" stance
- **Sagi Ashi:** Crane foot stance

Tanren Ho (exercises)

- 10 Udetate Seiken (knuckle pushups)
- 10 Sanbon Geri (three front kicks)
- 10 Suwari Geri (squat kicks)

Kihon Waza (basic techniques), 18

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|---|-------------------------------|
| 1. Shiko-Dachi Chudan-Zuki | 10. Ushiro-Geri |
| 2. Zenkutsu-Dachi Chudan-Zuki | 11. Spinning Kentsui |
| 3. Zenkutsu-Dachi Chudan-Geri Chudan-Zuki | 12. Ura Mawashi-Geri |
| 4. Sokuto Kansetsu-Geri | 13. Spinning Ushiro-Geri |
| 5. Ten Shin | 14. Kumite Style Ten Shin |
| 6. Zenkutsu-Dachi Gyakuzuki | 15. Tobi Nidan-Geri |
| 7. Yoko-Geri | 16. Shiko-Dachi Kakate |
| 8. Kumite Style Gyakuzuki | 17. Spinning Mawashi-Geri |
| 9. Kumite Style Mawashi-Geri | 18. Spinning Ura Mawashi-Geri |

Kumite

Jyu Kumite (free sparring): one round from Orange through Green/Brown, then two rounds from Brown/White on.

Rank by rank: what each rank adds

Rank	New stances	New techniques	Kata tested	Kumite
Yellow / White 14th Kyu	Musubi, Yoi, Zenkutsu, Shiko	Shiko-Dachi Chudan-Zuki, Zenkutsu-Dachi Chudan-Zuki, Zenkutsu-Dachi Chudan-Geri Chudan-Zuki	Shiho No Kata	—
Yellow 13th Kyu	Hanzenkutsu	Sokuto Kansetsu-Geri, Ten Shin, Zenkutsu-Dachi Gyakuzuki	Shiho No Kata + Ten No Kata	—
Orange / White 12th Kyu	Neko Ashi, Kosa	Yoko-Geri	Ten No Kata + Kihon No Kata	—
Orange 11th Kyu	Heisoku	Kumite Style Gyakuzuki	Kihon No Kata + Chi No Kata	Jyu Kumite (one round)

Purple / White 10th Kyu	—	Kumite Style Mawashi-Geri	Chi No Kata + Heian Shodan	Jyu Kumite (one round)
Purple 9th Kyu	—	Ushiro-Geri	Heian Shodan + Heian Nidan	Jyu Kumite (one round)
Blue / White 8th Kyu	Kokutsu	Spinning Kentsui	Heian Nidan + Heian Sandan	Jyu Kumite (one round)
Blue 7th Kyu	—	Ura Mawashi-Geri	Heian Sandan + Heian Yondan	Jyu Kumite (one round)
Green / White 6th Kyu	Re No Ji	Spinning Ushiro-Geri	Heian Yondan + Heian Godan	Jyu Kumite (one round)
Green 5th Kyu	—	Kumite Style Ten Shin	Heian Godan + Jitte	Jyu Kumite (one round)
Green / Brown 4th Kyu	Sachin	Tobi Nidan-Geri	Jitte + Jin	Jyu Kumite (one round)
Brown / White 3rd Kyu	Ten No Ji	Shiko-Dachi Kakate	Jin + Jion	Jyu Kumite (two rounds)
Brown 2nd Kyu	Sagi Ashi	Spinning Mawashi-Geri	Jion + Jyuroku	Jyu Kumite (two rounds)
Brown / Black 1st Kyu	—	Spinning Ura Mawashi-Geri	Jyuroku + Rohai	Jyu Kumite (two rounds)

6-Week Study Plan

Week 1: Shiho, Ten, Kihon and Chi No Kata; all 13 stances; the 3 Tanren Ho exercises; Basics and Stances flashcards.

Week 2: Heian Shodan to Godan; techniques 1–9; Terms and Body flashcards.

Week 3: Jitte, Jin and Jion; techniques 10–18; Kumite and Language flashcards; Jyu Kumite rounds.

Week 4: Jyuroku and Rohai; spinning and jumping kicks; History and Dojo flashcards.

Week 5: All 14 kata in order, judged against the 7 kata criteria; full kihon run; take the quiz until you score 100%.

Week 6: Mock test with a partner asking the questions in random order (like the oral test); help in beginner and intermediate classes; ask your instructor for a pre-test review.

A suggested plan, not part of the official requirements.

Written Test Questions & Answers

1. **What type of martial art do you study?**
Karate
2. **What does karate mean?**
Empty hand
3. **What country does karate come from?**
Japan
4. **What are the three rules of karate?**
1) Listen and pay attention in class; 2) Try your best in class; 3) Never use your karate on anyone unless you're defending yourself
5. **What part of the hand do you punch with?**
The first two knuckles
6. **Do down-block, head-block and side-block come from the inside or outside?**
Down-block: inside; head-block: inside; side-block: outside
7. **What are the four motions of a kick?**
Up, out, back, down
8. **What are the four rules for zenkutsu-dachi?**
Front leg bent; back leg straight; hips facing forward; feet as wide as your shoulders
9. **What style of karate do you study?**
Shito-Ryu
10. **Who is the founder of Shito-Ryu?**
Kenwa Mabuni
11. **What island in Japan does karate originate from?**
Okinawa

12. **What is a tsuki?**
Punch
13. **What is a keri?**
Kick
14. **What does musubi-dachi mean?**
Attention stance
15. **What does yoi-dachi mean?**
Natural stance
16. **What does zenkutsu-dachi mean?**
Front stance
17. **What does shiko-dachi mean?**
Wide stance
18. **What does hanzenkutsu-dachi mean?**
Half-front stance
19. **What does neko ashi-dachi mean?**
Cat stance
20. **What does kosa-dachi mean?**
"X" stance
21. **What are the five Katsu Dojo Virtues?**
Courage, Courtesy, Integrity, Humility, Self-Control
22. **What does udetate seiken mean?**
Knuckle pushups
23. **What does suwari-geri mean?**
Squat kicks
24. **What does heisoku-dachi mean?**
Feet-together stance
25. **What does gyaku-zuki mean?**
Reverse punch
26. **What does awase-zuki mean?**
"U" punch
27. **What is an empi?**
Elbow strike
28. **What are the three reasons that we kiai?**
Scare your opponent; tighten your stomach; increase personal energy
29. **What is a gedan-barai?**
Down-block
30. **What is an age-uke?**
Head-block
31. **What is a yoko-uke?**
Side-block

32. **Atama, Te, Ude, Ashi, Hiza?**
Head, hand, arm, foot or leg, knee
33. **What does kumite mean?**
Sparring
34. **What does hajime mean?**
Begin
35. **What does yame mean?**
Stop
36. **What is a mawashi-geri?**
Roundhouse kick
37. **What is a jodan-zuki?**
Head punch
38. **What is a chudan-zuki?**
Center punch
39. **What is a shuto?**
Chop
40. **What does Nage Waza mean?**
Take down (the Purple/White test spells it "Naga Waza")
41. **Konnichi wa, Sayonara, Ohayo gozaimasu, Konban wa?**
Hello, goodbye, good morning, good evening
42. **What do migi and hidari mean?**
Migi: right; hidari: left
43. **How do you say "thank you very much" in Japanese?**
Domo arigato gozaimasu
44. **How do you say "please" in Japanese?**
Dozo
45. **What does ippon mean?**
Full point
46. **What does waza ari mean?**
Half point
47. **What do aka and shiro mean?**
Aka: red; shiro: white
48. **What is an ushiro-geri?**
Back kick
49. **What is an uchiotoshi?**
Elbow & hammer fist block
50. **Mune, Onaka, Hiji, Kubi, Senaka?**
Chest, stomach, elbow, neck, back
51. **What part of the foot is in contact with the floor when moving in kumite?**
Ball of foot

52. **What kumite equipment must you wear during sparring?**
Hand pads, mouth guard, shin/foot guards, head gear (kids only), groin cup (males only)
53. **What does kokutsu-dachi mean?**
Back stance
54. **What is an ashi-barai?**
Leg sweep
55. **What is a kentsui?**
Hammer fist
56. **What is a nukite?**
Spear hand
57. **What do ue, shita, uchi and soto mean?**
Above, below, inside, outside
58. **What are the seven criteria for a good kata performance?**
Correct breathing, power, speed, timing, balance, focus, fighting spirit
59. **What part of the foot do you strike with in mawashi-geri?**
Top of foot
60. **How do you say "I'm sorry" in Japanese?**
Gomen nasai
61. **What is an ura mawashi-geri?**
Reverse roundhouse kick
62. **What is an uraken?**
Back fist (the Blue test spells it "udaken")
63. **What is a kosa-uke?**
X-block
64. **What is a soe-uke?**
Reinforced side-block
65. **What are the six techniques in a good sparring punch or kick?**
Good form, correct attitude, vigorous application, zanshin (perfect finish), proper timing, correct distance
66. **Ago, Nodo, Hana, Mimi, Me?**
Chin, throat, nose, ears, eyes
67. **How many points do you need to win a shobu sanbon kumite match?**
Three
68. **What does re no ji-dachi mean?**
V-stance
69. **What are the four major karate styles in the world?**
Shito-Ryu, Shotokan, Goju-Ryu, Wado-Ryu
70. **Count from one to ten.**
Ichi, ni, san, shi, go, roku, shichi, hachi, kyu, jyu

71. **Ashikubi, Ashiyubi, Yubi, Kakato, Tekubi?**
Ankles, toes, finger, heel, wrist
72. **What part of the foot do you use with an ushiro-geri?**
Heel
73. **Kuroi, Chairo, Orenji, Akai, Kiirroi, Aoi, Midori, Murasaki, Shiroyi?**
Black, brown, orange, red, yellow, blue, green, purple, white
74. **What is a shote?**
Palm strike
75. **What is a tobi nidan-geri?**
Jumping double kick
76. **What part of your opponent's leg do you target for a leg-sweep?**
Ankle area
77. **What is the purpose of Ten Shin?**
Step out of the way of an attacker
78. **What is a yoko-barai?**
Side hammerfist block
79. **Who is the founder of Shotokan?**
Gichin Funakoshi
80. **What does Bunkai & Oyo mean?**
Explanation & application
81. **What is the major style of Chinese martial arts, and what does it mean?**
Kung Fu: "to be skillful"
82. **What is the major style of Korean martial arts, and what does it mean?**
Tae Kwon Do: "kick punch way"
83. **What type of punch does the attacker use in Take Down #7?**
Head punch
84. **What is a kakate?**
Arm grab
85. **Who is the founder of Goju-Ryu, and what does Goju-Ryu mean?**
Chojun Miyagi; "hard-soft way"
86. **Who were Kenwa Mabuni's two main instructors?**
Yasutsune (Anko) Itosu and Kanryo Higaonna
87. **What does menjo mean?**
Diploma
88. **What three regions of Okinawa were the three original karate styles named after?**
Naha, Shuri, Tomari
89. **What does ten no ji-dachi mean?**
"T" stance
90. **What is sagi ashi-dachi?**
Crane foot stance

91. **Who is the founder of Wado-Ryu, and what does Wado-Ryu mean?**
Hironori Ohtsuka; "way of peace"
92. **What two kicks are used in Moving Exercise #2?**
Mae-geri and yoko-geri
93. **What part of the foot do you strike with in ura mawashi-geri?**
Bottom of foot
94. **What is shomen?**
The front of a dojo
95. **What martial art organization is Katsu Dojo a member of?**
USA National Karate-Do Federation
96. **What is the purpose of Katsu Dojo's Todi?**
Black-belt entrance
97. **Name all 14 kata in order, with their meanings.**
1. Shiho No Kata (Four Direction Kata); 2. Ten No Kata (Heavenly Kata); 3. Kihon No Kata (Basic Kata); 4. Chi No Kata (Earth Kata); 5. Heian Shodan (Peaceful Mind #1); 6. Heian Nidan (Peaceful Mind #2); 7. Heian Sandan (Peaceful Mind #3); 8. Heian Yondan (Peaceful Mind #4); 9. Heian Godan (Peaceful Mind #5); 10. Jitte (Ten Hands); 11. Jin (Named after a spirit); 12. Jion (Named after a temple in China (its temple of origin)); 13. Jyuroku (Sixteen); 14. Rohai (Vision of a white heron)
98. **What does Shiho No Kata mean?**
Four Direction Kata
99. **What does Ten No Kata mean?**
Heavenly Kata
100. **What does Kihon No Kata mean?**
Basic Kata
101. **What does Chi No Kata mean?**
Earth Kata
102. **What does Heian Shodan mean?**
Peaceful Mind #1
103. **What does Heian Nidan mean?**
Peaceful Mind #2
104. **What does Heian Sandan mean?**
Peaceful Mind #3
105. **What does Heian Yondan mean?**
Peaceful Mind #4
106. **What does Heian Godan mean?**
Peaceful Mind #5
107. **What does Jitte mean?**
Ten Hands

108. **What does Jin mean?**

Named after a spirit

109. **What does Jion mean?**

Named after a temple in China (its temple of origin)

110. **What does Jyuroku mean?**

Sixteen

111. **What does Rohai mean?**

Vision of a white heron

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