

## SHITO-RYU

*Kenwa Mabuni (1889 – May 23, 1952) founded Shito-ryu, our style of Karate-do. He began training at the age of 13 with his first instructor, one of the leading masters of the time, Yasutsune Itosu (ee-toe-sue). Itosu taught the Shuri-te (shoe-ree teh) style which is predominantly focused on speed and agility. Itosu is credited with creating the five Pinan kata (ka-ta). He also pushed for the inclusion of karate-do in the public school system. Mabuni learned 23 kata from Itosu. After Itosu died, Mabuni stayed close to his grave for about a whole year, practicing his kata daily. Mabuni's close friend Chojun Miyagi introduced him to his teacher, Kanryo Higaonna (he-ga-oh-nah) another one of the great masters of the time. Higaonna taught the Naha-te (nah-ha teh) system which is based more on strength, hardening the body and fighting in close. At the age of 20, Mabuni began training with his friend under Higaonna.*



*Yasutsune Itosu*



*Kanryo Higaonna*

## **WHITE BELT / BLACK STRIPE TESTING REQUIREMENTS**

Minimum one month since last test

All previous basics

Answer the following questions:

Who were Kenwa Mabuni's two main teachers and what did each emphasize?

1.

2.

# JAPAN KARATE-DO ORGANIZATION

## Promotion Application

*All fields are required*

<b>Name:</b>	<b>Age:</b>	<b>Start date (top right corner of card):</b>
<b>Present rank:</b> White belt – green stripe	<b>Date of last promotion:</b>	<b>Classes from last test to next (8 min):</b>
<b>Rank testing for / testing fee:</b> White belt – black stripe                      \$12	<b>Date of upcoming test:</b>	<b>Belt Size:</b>
<b>Would you like a certificate for this test?</b> No / Yes    add \$20		

*On the above date, I would like to take the promotion test, fulfilling all the requirements, according to the Japan Karate-Do Organization, Hokushin Shito-Ryu. As I understand, if my performance and dedication are not sufficient on the day of the test, I will attempt to improve my level of achievement in the future. I have attached my testing fees and I understand that they are not refundable.*

Date: \_\_\_\_\_ Student: \_\_\_\_\_

Instructor's Approval: \_\_\_\_\_ Parent's Approval: \_\_\_\_\_

Answer the following questions:

Who were Kenwa Mabuni's two main teachers and what did each emphasize?

1.

2.