

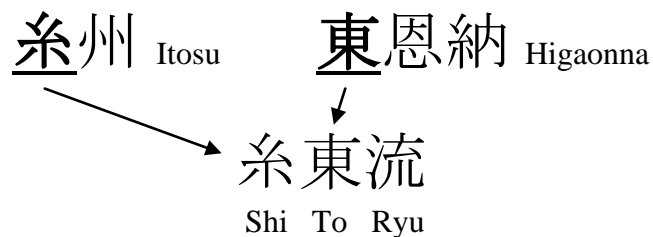
SHITO-RYU

After graduating high school and serving in the military, *Mabuni* worked with the police department for about 10 years.

Another person who greatly influenced *Mabuni* was *Wu Xian Hui*. The Okinawans called him *Go Kenki* (*go ken-key*). Most sources say he was a Chinese tea merchant and master of White Crane Kung Fu. (According to *Soke Kenzo Mabuni*, *Go Kenki* was a barber.) His influence on *Mabuni* and their training lead to the development of several *kata*.

Mabuni originally called his style *Hanko-ryu* (*hahn-koh roo*) which means “half-hard style.” He moved to Japan in 1929 to begin teaching. *Mabuni* received his *Renshi* (*ren-she* – polished instructor or expert) title from the *Dai Nippon Butoku Kai* (*die knee-pohn boo-toe-coo kai*) in 1931. The *DNBK* was the national organization created to oversee Japanese martial arts. Also in 1931, *Mabuni* founded his own organization, the *Dai Nihon Karate Do Kai*, which was later changed to the *Nihon Karate Do Kai*.

Mabuni wanted to pay respect to his teachers, so the name *Shito-ryu* (*shh-toh roo*) is made up by the first characters from both *Itosu* and *Higaonna*’s last names. *Ryu* means style. *Shito-ryu* was formally registered in 1932.



When *Mabuni* passed away, he left the style, name and documents to his second son, *Kenzo Mabuni* (*May 30, 1927 – June 26, 2005*). Before accepting such a great responsibility, he went into seclusion for two years to train and to consider what was asked of him. *Soke* (*so-keh* – grand master) *Mabuni* preserved his father’s system, teaching it exactly as his father had written it down in 1929. Upon his death in 2005, *Soke Mabuni* left the style to his daughter *Tsukasa* (*sue-kah-sah*) *Mabuni*.



Kenzo Mabuni



Tsukasa Mabuni

The *Shito-ryu* curriculum syllabus is complete. No other martial art offers such a variety of movements or techniques.

KIHON DOSA DAI ICHI

Tachi waza

Zenkutsu dachi

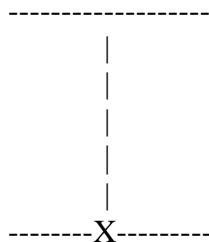
Uke waza

Gedan barai

Zuki waza

Chudan oi zuki

1. Left foot, left hand, step left to a zenkutsu dachi with gedan barai.
2. Step to a zenkutsu dachi with a chudan oi zuki.
3. Step behind you, turn the other way into zenkutsu dachi with gedan barai.
4. Step to a zenkutsu dachi with a chudan oi zuki.
5. Step left to a zenkutsu dachi with gedan barai.
6. Step forward to zenkutsu dachi with a chudan oi zuki.
7. Step forward to zenkutsu dachi with a chudan oi zuki.
8. Step forward to zenkutsu dachi with a chudan oi zuki. **KIAI!**
9. Left hand comes to the shoulder, big turn to zenkutsu dachi with gedan barai.
10. Step to a zenkutsu dachi with a chudan oi zuki.
11. Step behind you, turn the other way into zenkutsu dachi with gedan barai.
12. Step to a zenkutsu dachi with a chudan oi zuki.
13. Step left to a zenkutsu dachi with gedan barai.
14. Step forward to zenkutsu dachi with a chudan oi zuki.
15. Step forward to zenkutsu dachi with a chudan oi zuki.
16. Step forward to zenkutsu dachi with a chudan oi zuki. **KIAI!**
17. Left hand comes to the shoulder, big turn to zenkutsu dachi with gedan barai.
18. Step to a zenkutsu dachi with a chudan oi zuki.
19. Step behind you, turn the other way into zenkutsu dachi with gedan barai.
20. Step to a zenkutsu dachi with a chudan oi zuki.
21. Pull back - yame.



This is the *embu sen* or performance line for the *Kihon Dosa Dai kata*. Start at the “X” and follow the steps above.

YELLOW BELT TESTING REQUIREMENTS

Minimum one month since last test

Properly execute standing and walking basics

Standing Basics

(From *hachiji dachi*)

Choko zuki, age uke, uchi uke, yoko uke, gedan barai, mae geri, yoko geri, ushiro geri, mawashi geri

Walking Basics

→ *chudan oi zuki (zenkutsu dachi) - mawatte*

→ *gedan barai (zenkutsu dachi) - mawatte*

→ *age uke (zenkutsu dachi) - mawatte*

→ *yoko uke (zenkutsu dachi) - mawatte*

→ *uchi uke (zenkutsu dachi) - mawatte*

→ *chudan mae geri (zenkutsu dachi) - mawatte*

Properly execute Kihon Dosa Dai Ichi

Answer the following questions:

1. Who took over when Kenwa Mabuni died?

2. Who took over when he died?

JAPAN KARATE-DO ORGANIZATION

Promotion Application

All fields are required

Name:	Age:	Start date (top right corner of card):
Present rank: White belt – black stripe	Date of last promotion:	Classes from last test to next (8 min):
Rank testing for / testing fee: Yellow belt \$12	Date of upcoming test:	Belt Size:
Would you like a certificate for this test? 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:

1. Who took over when Kenwa Mabuni died?

2. Who took over when he died?