



# Shito Ryu Venezuela Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

### PROGRAMA PARA 9º (KU) KYU

Cinta Blanca Raya Amarilla

#### DACHI WAZA

- Heisoku Dachi
- Musubi Dachi
- Nami Heiko Dachi
- Uchi Hachiji Dachi
- Soto hachiji Dachi
- Naifanchin Dachi
- Shiko Dachi
- Zenkutsu Dachi

#### TENSHIN WAZA

- Fumidachi (Mae-Ushiro)

- Furimuki (Mae Ashi- Ushiro Ashi)

#### UKE WAZA

- Jodan Age Uke
- Gedan Barai Uke

#### TSUKI WAZA

- (Mae - Ushiro) Fumidachi Oi Tsuki
- Choko Tsuki

#### GERI WAZA

- Oi Geri

#### **KATA & BUNKAI**

**Kihon Kata heiko dachi dai  
(ichi-ni-san-yon)**

### PROGRAMA PARA 8º (HACHI) KYU

Cinta Amarilla

#### DACHI WAZA

- Heisoku Dachi
- Musubi Dachi
- Nami Heiko Dachi
- Uchi Hachiji Dachi
- Soto hachiji Dachi
- Naifanchin Dachi
- Shiko Dachi
- Zenkutsu Dachi
- Heiko Dachi
- Renoji Dachi

#### TENSHIN WAZA

- Fumidachi (Mae-Ushiro)
- Furimuki (Mae Ashi- Ushiro Ashi)
- Yori Ashi (Mae-Ushiro-Yoko-Naname)
- Kagami (Mae Ashi- Ushiro Ashi)

#### UKE WAZA

- Yoko Uke
- Yoko Uchi Uke

- Jodan Age Uke

- Gedan Barai Uke

#### TSUKI WAZA

- Gyaku Tsuki
- Tate Tsuki
- (Mae - Ushiro) Fumidachi Oi Tsuki
- Choko Tsuki

#### GERI WAZA

- Oi Geri
- Mawashi Geri
- Yoko Geri
- Ushiro Geri

#### UCHI WAZA

- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)

#### **KATA & BUNKAI**

- **Kihon Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

### PROGRAMA PARA 7º (SICHI) KYU

Cinta Amarilla raya Naranja

#### DACHI WAZA

- Heisoku Dachi
- Musubi Dachi
- Nami Heiko Dachi
- Uchi Hachiji Dachi
- Soto hachiji Dachi
- Naifanchin Dachi
- Shiko Dachi
- Zenkutsu Dachi
- Heiko Dachi
- Renoji Dachi
- Nekoashi Dachi
- Kosa Dachi

#### TENSHIN WAZA

- Fumidachi (Mae-Ushiro)
- Furimuki (Mae Ashi- Ushiro Ashi)
- Yori Ashi (Mae-Ushiro-Yoko-Naname)
- Kagami (Mae Ashi- Ushiro Ashi)Erekae
- Hineri

#### UKE WAZA

- Yoko Uke
- Yoko Uchi Uke
- Jodan Age Uke
- Gedan Barai Uke
- Kosa Uke (Yuji Uke)
- Nagashi Sho Uke
- Shuto Uke

#### TSUKI WAZA

- Gyaku Tsuki
- Tate Tsuki
- (Mae - Ushiro) Fumidachi Oi Tsuki
- Choko Tsuki
- Maete Tsuki
- Ura Tsuki

#### GERI WAZA

- Oi Geri
- Mawashi Geri
- Yoko Geri
- Ushiro Geri
- Ashi Barai
- Mikatsuki Geri (Soto-Uchi)

#### UCHI WAZA

- Shuto Tekatana (Otoshi-Soto-Mawashi)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)

#### KATA & BUNKAI

- **Pinan Nidan**
- **Kihon Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**
- **Kihon Kata Zenkutsu dachi dachi dai (ichi-ni-san-yon)**



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

### PROGRAMA PARA 6º (ROKU) KYU

Cinta Naranja

#### DACHI WAZA

- Heisoku Dachi
- Musubi Dachi
- Nami Heiko Dachi
- Uchi Hachiji Dachi
- Soto hachiji Dachi
- Naifanchin Dachi
- Shiko Dachi
- Zenkutsu Dachi
- Heiko Dachi
- Renoji Dachi
- Nekoashi Dachi
- Kosa Dachi
- Sanchin Dachi
- Sagui Ashiji Dachi
- Kokutsu Dachi

#### TENSHIN WAZA

- Ukemi (Mae-Ushiro-Yoko)
- Yoko Ido (Dai ichi-Dai Ni-Dai San-Dai Yon)
- Fumidachi (Mae-Ushiro)
- Furimuki (Mae Ashi- Ushiro Ashi)
- Yori Ashi (Mae-Ushiro-Yoko-Naname)
- Kagami (Mae Ashi- Ushiro Ashi)Erekae
- Hineri

#### UKE WAZA

- Tekubi Uke
- Hiji Sasae Uke
- Haisho Uke
- Yoko Uke
- Yoko Uchi Uke

- Jodan Age Uke
- Gedan Barai Uke
- Kosa Uke (Yuji Uke)
- Nagashi Sho Uke
- Shuto Uke

#### TSUKI WAZA

- Morote Tsuki
- Mawashi Tsuki
- Gyaku Tsuki
- Tate Tsuki
- (Mae - Ushiro) Fumidachi Oi Tsuki
- Choko Tsuki
- Maete Tsuki
- Ura Tsuki

#### GERI WAZA

- Hiza Geri
- Kage Geri
- Oi Geri
- Mawashi Geri
- Yoko Geri
- Ushiro Geri
- Ashi Barai
- Mikatsuki Geri (Soto-Uchi)

#### UCHI WAZA

- Haisho Uchi
- Teisho Uchi
- Yonhon Nukite Uchi (Tate-Yoko-Ura)
- Shuto Tekatana (Otoshi-Soto-Mawashi)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)

### KATA & BUNKAI

- **Pinan Nidan**
- **Pinan Shodan**

- **Kihon Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**
- **Kihon Kata Zenkutsu dachi dachi dai (ichi-ni-san-yon)**

### PROGRAMA PARA 5º (GO) KYU

Cinta Naranja raya Verde

### DACHI WAZA

Completo

### TENSHIN WAZA

- Zenpo Kaiten Ukemi - Ushiro Kaiten Ukemi
- Oshifumikomi
- Ukemi (Mae-Ushiro-Yoko)
- Yoko Ido (Dai ichi-Dai Ni-Dai San-Dai Yon)
- Fumidachi (Mae-Ushiro)
- Furimuki (Mae Ashi- Ushiro Ashi)
- Yori Ashi (Mae-Ushiro-Yoko-Naname)
- Kagami (Mae Ashi- Ushiro Ashi)Erekae
- Hineri

### UKE WAZA

- Nidan Uke
- Nagashi Hijiate Uke
- Tekubi Uke
- Hiji Sasae Uke
- Haisho Uke
- Yoko Uke
- Yoko Uchi Uke
- Jodan Age Uke
- Gedan Barai Uke
- Kosa Uke (Yuji Uke)
- Nagashi Sho Uke
- Shuto Uke

### TSUKI WAZA

- Kage Tsuki



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- Age Ura Tsuki
- Morote Tsuki
- Mawashi Tsuki
- Gyaku Tsuki
- Tate Tsuki
- (Mae - Ushiro) Fumidachi Oi Tsuki
- Choko Tsuki
- Maete Tsuki
- Ura Tsuki

### GERI WAZA

- Fumikomi Geri (Tate- Yoko)
- Ushiro Maru Geri
- Hiza Geri
- Kage Geri
- Oi Geri
- Mawashi Geri
- Yoko Geri
- Ushiro Geri
- Ashi Barai
- Mikatsuki Geri (Soto-Uchi)

### UCHI WAZA

- Hiji Ate (MaeTate-Ushiro-Mawashi--Yoko-Otoshi)
- Ushiro Maru Kentsui (Otoshi-Yoko-Gyaku Mawashi)
- Ushiro Maru Shuto (Otoshi-Yoko- Mawashi)
- Ushiro Maru Uraken (Otoshi-Yoko)
- Haisho Uchi
- Teisho Uchi
- Yonhon Nukite Uchi (Tate-Yoko-Ura)
- Shuto Tekatana (Otoshi-Soto-Mawashi)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)
- Kentsui (Otoshi-Yoko-Mawashi)



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- Uraken (Otoshi-Yoko)

### KATA & BUNKAI

- **Kihon Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**
- **Kihon Kata Zenkutsu dachi dachi dai (ichi-ni-san-yon)**
- **Pinan Nidan**
- **Pinan Shodan**
- **Pinan Sandan**
- **Mioyo**

### PROGRAMA PARA 4º (ROKU) KYU

Cinta Verde

#### DACHI WAZA

Completo

#### TENSHIN WAZA

- Kosa Susumi (Mae-Ushiro-Yoko-Naname-Mawaru)
- Mawarikomi
- Zenpo Kaiten Ukemi - Ushiro Kaiten Ukemi
- Oshifumikomi
- Ukemi (Mae-Ushiro-Yoko)
- Yoko Ido (Dai ichi-Dai Ni-Dai San-Dai Yon)
- Fumidachi (Mae-Ushiro)
- Furimuki (Mae Ashi- Ushiro Ashi)
- Yori Ashi (Mae-Ushiro-Yoko-Naname)
- Kagami (Mae Ashi- Ushiro Ashi)Erekae
- Hineri

#### UKE WAZA

- Ura Uke
- Teisho Uke
- Kakete Uke
- Nidan Uke
- Nagashi Hijiate Uke
- Tekubi Uke
- Hiji Sasae Uke
- Haisho Uke
- Yoko Uke

- Yoko Uchi Uke
- Jodan Age Uke
- Gedan Barai Uke
- Kosa Uke (Yuji Uke)
- Nagashi Sho Uke
- Shuto Uke

#### TSUKI WAZA

- Hineri Tsuki
- Tobi Tsuki
- Kage Tsuki
- Age Ura Tsuki
- Morote Tsuki
- Mawashi Tsuki
- Gyaku Tsuki
- Tate Tsuki
- (Mae - Ushiro) Fumidachi Oi Tsuki
- Choko Tsuki
- Maete Tsuki
- Ura Tsuki

#### GERI WAZA

- Ukemi Geri
- Kaiten Geri
- Fumikomi Geri (Tate- Yoko)
- Ushiro Maru Geri
- Hiza Geri



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- Kage Geri
- Oi Geri
- Mawashi Geri
- Yoko Geri
- Ushiro Geri
- Ashi Barai
- Mikatsuki Geri (Soto-Uchi)
- Teisho Uchi
- Yonhon Nukite Uchi (Tate-Yoko-Ura)
- Shuto Tekatana (Otoshi-Soto-Mawashi)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)

### UCHI WAZA

- Oya Yubi Uchi
- Toho Uchi
- Hiji Ate (MaeTate-Ushiro-Mawashi--Yoko-Otoshi)
- Ushiro Maru Kentsui (Otoshi-Yoko-Gyaku Mawashi)
- Ushiro Maru Shuto (Otoshi-Yoko-Mawashi)
- Ushiro Maru Uraken (Otoshi-Yoko)
- Haisho Uchi

### KATA & BUNKAI

- **Kihon Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**
- **Kihon Kata Zenkutsu dachi dachi dai (ichi-ni-san-yon)**
- **Pinan Nidan**
- **Pinan Shodan**
- **Pinan Sandan**
- **Mioyo**
- **Shinsei**
- **Pinan Yondan**

### VOCABULARIO BÁSICO

### PROGRAMA PARA 3º (SAN) KYU

Cinta Azul

### DACHI WAZA

- Completo

### TENSHIN WAZA

- Mawari Komi Erekae
- Tobi Agari
- Kosa Susumi no Kata
- Tobi Komí
- Kosa Susumi (Mae-Ushiro-Yoko-Naname-Mawaru)
- Mawarikomi
- Zenpo Kaiten Ukemi - Ushiro Kaiten Ukemi
- Oshifumikomi
- Ukemi (Mae-Ushiro-Yoko)
- Yoko Ido (Dai ichi-Dai Ni-Dai San-Dai Yon)

- Fumidachi (Mae-Ushiro)
- Furimuki (Mae Ashi- Ushiro Ashi)
- Yori Ashi (Mae-Ushiro-Yoko-Naname)
- Kagami (Mae Ashi- Ushiro Ashi)Erekae
- Hineri

### UKE WAZA

- Haraite Uke
- Hiji Ate Uke (Tate- Nagashi- kuri)
- Ura Uke
- Teisho Uke
- Kakete Uke
- Nidan Uke
- Nagashi Hijiate Uke
- Tekubi Uke



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- Hiji Sasae Uke
- Haisho Uke
- Yoko Uke
- Yoko Uchi Uke
- Jodan Age Uke
- Gedan Barai Uke
- Kosa Uke (Yuji Uke)
- Nagashi Sho Uke
- Shuto Uke

### TSUKI WAZA

- Hazami Tsuki
- Awase Tsuki
- Kage Tsuki
- Hineri Tsuki
- Tobi Tsuki
- Kage Tsuki
- Age Ura Tsuki
- Morote Tsuki
- Mawashi Tsuki
- Gyaku Tsuki
- Tate Tsuki
- (Mae - Ushiro) Fumidachi Oi Tsuki
- Choko Tsuki
- Maete Tsuki
- Ura Tsuki

### GERI WAZA

- Gyaku Mawashi Geri
- Otoshi Kakato Geri
- Mawaru Soto Mikatsuki Geri
- Kakato Ashi Barai
- Ukemi Geri
- Kaiten Geri

- Fumikomi Geri (Tate- Yoko)
- Ushiro Maru Geri
- Hiza Geri
- Kage Geri
- Oi Geri
- Mawashi Geri
- Yoko Geri
- Ushiro Geri
- Ashi Barai
- Mikatsuki Geri (Soto-Uchi)

### UCHI WAZA

- Haraite Uchi
- Hiraken Uchi(Yoko-UraYoko-Tate)
- Oya Yubi Uchi
- Toho Uchi
- Hiji Ate (MaeTate-Ushiro-Mawashi--Yoko-Otoshi)
- Ushiro Maru Kentsui (Otoshi-Yoko-Gyaku Mawashi)
- Ushiro Maru Shuto (Otoshi-Yoko-Mawashi)
- Ushiro Maru Uraken (Otoshi-Yoko)
- Haisho Uchi
- Teisho Uchi
- Yonhon Nukite Uchi (Tate-Yoko-Ura)
- Shuto Tekatana (Otoshi-Soto-Mawashi)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)

### KATA & BUNKAI

- **Kihon Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**





# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- **Kihon Kata Zenkutsu dachi dachi dai (ichi-ni-san-yon)**
- **Pinan Nidan**
- **Pinan Shodan**
- **Pinan Sandan**
- **Mioyo**
- **Shinsei**
- **Pinan Yondan**

- **Pinan Godan**
- **Yuroku**
- **Saifa**

VOCABULARIO BÁSICO - HISTORIA - FILOSOFÍA  
- PRINCIPIOS DEL ESTILO SHITO RYU

### PROGRAMA PARA 2º KYU

Cinta Marrón

#### DACHI WAZA

- Completo

#### TENSHIN WAZA

- Sanchin Hoko
- Suri Ashi
- Mawari Komi Erekae
- Tobi Agari
- Kosa Susumi no Kata
- Tobi Komí
- Kosa Susumi (Mae-Ushiro-Yoko-Naname-Mawaru)
- Mawarikomi
- Zenpo Kaiten Ukemi - Ushiro Kaiten Ukemi
- Oshifumikomi
- Ukemi (Mae-Ushiro-Yoko)
- Yoko Ido (Dai ichi-Dai Ni-Dai San-Dai Yon)
- Fumidachi (Mae-Ushiro)
- Furimuki (Mae Ashi- Ushiro Ashi)
- Yori Ashi (Mae-Ushiro-Yoko-Naname)
- Kagami (Mae Ashi- Ushiro Ashi)Erekae
- Hineri

#### UKE WAZA

- Sukui Uke
- Sukui Dome
- Furiste
- Osae Nagashi Uke

- Morote Kote Uke
- Keito Uke
- Kakiwake Uke
- Haraite Uke
- Hiji Ate Uke (Tate- Nagashi- kuri)
- Ura Uke
- Teisho Uke
- Kakete Uke
- Nidan Uke
- Nagashi Hijiate Uke
- Tekubi Uke
- Hiji Sasae Uke
- Haisho Uke
- Yoko Uke
- Yoko Uchi Uke
- Jodan Age Uke
- Gedan Barai Uke
- Kosa Uke (Yuji Uke)
- Nagashi Sho Uke
- Shuto Uke

#### TSUKI WAZA

- Completo (Todos los programas anteriores)

#### GERI WAZA

- Tobi Geri (Mae-Yoko-Mawashi)
- Nidan Tobi Geri
- Hiza Tobi Geri



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- Gyaku Mawashi Geri
- Otoshi Kakato Geri
- Mawaru Soto Mikatsuki Geri
- Kakato Ashi Barai
- Ukemi Geri
- Kaiten Geri
- Fumikomi Geri (Tate- Yoko)
- Ushiro Maru Geri
- Hiza Geri
- Kage Geri
- Oi Geri
- Mawashi Geri
- Yoko Geri
- Ushiro Geri
- Ashi Barai
- Mikatsuki Geri (Soto-Uchi)
- Ushiro Maru Kentsui (Otoshi-Yoko-Gyaku Mawashi)
- Ushiro Maru Shuto (Otoshi-Yoko-Mawashi)
- Ushiro Maru Uraken (Otoshi-Yoko)
- Haisho Uchi
- Teisho Uchi
- Yonhon Nukite Uchi (Tate-Yoko-Ura)
- Shuto Tekatana (Otoshi-Soto-Mawashi)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)

### UCHI WAZA

- Ippon Nukite
- Nihon Nukite
- Washite Uchi
- Haraite Uchi
- Hiraken Uchi(Yoko-UraYoko-Tate)
- Oya Yubi Uchi
- Toho Uchi
- Hiji Ate (MaeTate-Ushiro-Mawashi--Yoko-Otoshi)

### KATA & BUNKAI

- **Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**
- **Kihon Kata Zenkutsu dachi dachi dai (ichi-ni-san-yon)**
- **Pinan Nidan**
- **Pinan Shodan**
- **Pinan Sandan**
- **Mioyo**
- **Shinsei**
- **Pinan Yondan**
- **Pinan Godan**
- **Yuroku**
- **Saifa**
- **Bassai Dai**
- **Jutte**
- **Naihanchin Shodan**

VOCABULARIO BÁSICO - HISTORIA - FILOSOFÍA  
- PRINCIPIOS DEL ESTILO SHITO RYU

### PROGRAMA PARA 1º KYU

Cinta Marrón

### DACHI WAZA

- Completo

### TENSHIN WAZA

- Bubu
- Yoko Furimi (Migi-Hidari)
- Sorimi

- Hikimi
- Ryusho Kagami
- Sanchin Hoko
- Suri Ashi
- Mawari Komi Erekae



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- Tobi Agari
- Kosa Susumi no Kata
- Tobi Komí
- Kosa Susumi (Mae-Ushiro-Yoko-Naname-Mawaru)
- Mawarikomi
- Zenpo Kaiten Ukemi - Ushiro Kaiten Ukemi
- Oshifumikomi
- Ukemi (Mae-Ushiro-Yoko)
- Yoko Ido (Dai ichi-Dai Ni-Dai San-Dai Yon)
- Fumidachi (Mae-Ushiro)
- Furimuki (Mae Ashi- Ushiro Ashi)
- Yori Ashi (Mae-Ushiro-Yoko-Naname)
- Kagami (Mae Ashi- Ushiro Ashi)Erekae
- Hineri

### UKE WAZA

- Namigaeshi Uke
- Seriyuto Uke
- Mawashi Uke
- Hazami Uke
- Seiken Uke
- Tsukamite Uke
- Sukui Uke
- Sukui Dome
- Furiste
- Osae Nagashi Uke
- Morote Kote Uke
- Keito Uke
- Kakiwake Uke
- Haraite Uke
- Hiji Ate Uke (Tate- Nagashi- kuri)

- Ura Uke
- Teisho Uke
- Kakete Uke
- Nidan Uke
- Nagashi Hijiate Uke
- Tekubi Uke
- Hiji Sasae Uke
- Haisho Uke
- Yoko Uke
- Yoko Uchi Uke
- Jodan Age Uke
- Gedan Barai Uke
- Kosa Uke (Yuji Uke)
- Nagashi Sho Uke
- Shuto Uke

### TSUKI WAZA

- Completo (Todos los programas anteriores)

### GERI WAZA

- Kaiten Tobi Geri
- Mikatsuki Tobi Geri
- Gyaku Mawashi Geri
- Tobi Geri (Mae-Yoko-Mawashi)
- Nidan Tobi Geri
- Hiza Tobi Geri
- Gyaku Mawashi Geri
- Otoshi Kakato Geri
- Mawaru Soto Mikatsuki Geri
- Kakato Ashi Barai
- Ukemi Geri
- Kaiten Geri
- Fumikomi Geri (Tate- Yoko)



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

- Ushiro Maru Geri
- Hiza Geri
- Kage Geri
- Oi Geri
- Mawashi Geri
- Yoko Geri
- Ushiro Geri
- Ashi Barai
- Mikatsuki Geri (Soto-Uchi)

### UCHI WAZA

- Hitai Atama Uchi
- Ryokado Atama Uchi
- Ippon Ken (Ippon Dai Ni Kansetsu)
- Nakadaka Ippon Ken (Nihon Dai Ni Kansetsu)
- Tsukamite Uchi
- Ippon Nukite
- Nihon Nukite
- Washite Uchi
- Haraite Uchi
- Hiraken Uchi (Yoko-Ura Yoko-Tate)
- Oya Yubi Uchi
- Toho Uchi
- Hiji Ate (Mae Tate-Ushiro-Mawashi--Yoko-Otoshi)
- Ushiro Maru Kentsui (Otoshi-Yoko-Gyaku Mawashi)

- Ushiro Maru Shuto (Otoshi-Yoko-Mawashi)
- Ushiro Maru Uraken (Otoshi-Yoko)
- Haisho Uchi
- Teisho Uchi
- Yonhon Nukite Uchi (Tate-Yoko-Ura)
- Shuto Tekatana (Otoshi-Soto-Mawashi)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)
- Kentsui (Otoshi-Yoko-Mawashi)
- Uraken (Otoshi-Yoko)

### KATA & BUNKAI

- **Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**
- **Kihon Kata Zenkutsu dachi dachi dai (ichi-ni-san-yon)**
- **Pinan Nidan**
- **Pinan Shodan**
- **Pinan Sandan**
- **Mioyo**
- **Shinsei**
- **Pinan Yondan**
- **Pinan Godan**
- **Yuroku**
- **Saifa**
- **Bassai Dai**
- **Jutte**
- **Naihanchin Shodan**
- **Sanchin**
- **Jion**
- **Shinsei ni**
- **Seienchin**

VOCABULARIO BÁSICO - HISTORIA - FILOSOFÍA  
- PRINCIPIOS DEL ESTILO SHITO RYU



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

### PROGRAMA PARA SHODAN HO

Cinta Negra

#### DACHI WAZA

- Completo (Todos los programas anteriores)

#### TENSHIN WAZA

- Completo (Todos los programas anteriores)

#### TSUKI WAZA

- Completo (Todos los programas anteriores)

#### GERI WAZA

- Completo (Todos los programas anteriores)

#### UCHI WAZA

- Completo (Todos los programas anteriores)

#### UKE WAZA

- Completo (Todos los programas anteriores)

#### **KATA & BUNKAI**

- **Kata nekoashi dachi dai (ichi-ni-san-yon)**
- **Kihon Kata heiko dachi dai (ichi-ni-san-yon)**
- **Kihon Kata Zenkutsu dachi dachi dai (ichi-ni-san-yon)**
- **Pinan Nidan**
- **Pinan Shodan**
- **Pinan Sandan**
- **Mioyo**
- **Shinsei**
- **Pinan Yondan**
- **Pinan Godan**
- **Yuroku**
- **Saifa**
- **Bassai Dai**
- **Jutte**
- **Naihanchin Shodan**
- **Sanchin**
- **Jion**
- **Shinsei ni**
- **Seienchin**
- **Jiin**
- **Tensho**
- **Kosokun Dai**
- **Aoyagi**

VOCABULARIO BÁSICO - HISTORIA - FILOSOFÍA - PRINCIPIOS DEL ESTILO SHITO RYU

[PROGRAMA PARA SHODAN](#) Ver Kihon para examen de Cintas Negras

IDO KIHON - IPPON KUMITE - VOCABULARIO

HISTORIA Y FILOSOFÍA DE SHITO RYU KARATE-DO

**KATA & BUNKAI**



# Seito Shito Ryu Karate Do Kai

## Hombu Dojo Fudoshinkan – Shihan José Natera

Niseshi - Matsumura No Rohai - Naihanchin Nidan

### [PROGRAMA PARA NIDAN](#)

IDO KIHON - IPPON KUMITE - VOCABULARIO

HISTORIA Y FILOSOFÍA DE SHITO RYU KARATE-DO

KATA & BUNKAI

Kosokun Sho - Shisochin - Matsumura No Bassai

### [PROGRAMA PARA SANDAN](#)

IDO KIHON - IPPON KUMITE - VOCABULARIO

HISTORIA Y FILOSOFÍA DE SHITO RYU KARATE-DO

KATA & BUNKAI

Matzukaze - Wanshu - Shimpa - Itosu no Rohai Shodan

### [PROGRAMA PARA YONDAN](#)

IDO KIHON - IPPON KUMITE - VOCABULARIO

HISTORIA Y FILOSOFÍA DE SHITO RYU KARATE-DO

**KATA & BUNKAI**

Gojushiho - Seisan - Shiho Kosokun – Chinto – Seipai - Naihanchin Sandan

### [PROGRAMA PARA GODAN](#)

IDO KIHON - IPPON KUMITE - VOCABULARIO

HISTORIA Y FILOSOFÍA DE SHITO RYU KARATE-DO

**KATA & BUNKAI**

Itosu no Rohai Nidan - Nipaipo - Kensho - Pachu\* - Bassai Sho - Sanseryu

### [PROGRAMA CINTA BLANCA/ROJA 6to DAN](#)

IDO KIHON - IPPON KUMITE - VOCABULARIO

HISTORIA Y FILOSOFÍA DE SHITO RYU KARATE-DO

**KATA & BUNKAI**

Kururunfa – Heiku \*- Tomari no Bassai - Annan\* - Kenshu - Itosu no Rohai Sandan – Chinteí - Chatan Yara No Kushanku\*

### [PROGRAMA CINTA BLANCA/ROJA 7to DAN](#)

**KATA & BUNKAI**

Unshu - Chibana no Kushanku\* - Paiku\* - Happpo Sho - Sochin - Suparimpei – Kenpaku - Ishimi No Bassai\* - Ananko\*

### [PROGRAMA CINTA ROJA 8to DAN](#)

**KATA & BUNKAI**

Tomari no rohai\* - Tomari no Wanshu\* - Hakucho\* – Hakakku\* – Hafa\* - Happporen\*- Wando\* – Oyadomari no Passai\* – Papporen\*