

Shito Ryu

Shito Ryu was developed by Mabuni Kenwa, an Okinawan karate master who studied both the styles of Naha-te ([Gojuryu](#)) and Shuri-te ([Shorinryu](#)). Shito Ryu was formed by the combination of the kata and techniques of these two styles. Traditional Okinawan weapons are also taught in the Shito Ryu style of karate. Characteristic for Shito-Ryu are the square-on stances and linear strikes.

The most famous exponent of Shito Ryu is Fumio Demura who introduced the style to the world and has written several books - on both Shito Ryu and traditional [Okinawan martial arts weapons](#). Martial arts weapons that Demura has written about include the [Sai](#), [Nunchaku](#) and Tonfa.

Origin of Shito Ryu: Okinawa

Founder of Shito Ryu: Mabuni Kenwa

Popularised by: Fumio Demura