



WANKAN SHOTOKAN  
KARATE INTERNATIONAL

# GRADING SYLLABUS

## 10<sup>th</sup> KYU White Belt to 9<sup>th</sup> KYU Yellow Belt

### KIHON

1. (MF) Jodan Zuki (MB) Jodan Age Uke
2. (MF) Chudan Zuki (MB) Soto Uke
3. (MF) Chudan Zuki (MB) Uchi Uke
4. (MF) Mae Geri (MB) Gedan Uke

### KATA

#### 1. TAIKYOKU SHO-DAN\_(Basic Kata) Level-1

(First Cause) also known as Kihon . 20 movements, Kiai on movements 8 and 16, Note: Introduced for beginners as a somewhat simplified version of Heian Shodan. Taikyoku is now mainly referred to as 'Kihon' and is used for 9th Kyu gradings as a "stepping-stone" to Heian Shodan.

#### 2. GERI-WAZA ( Kicking Technique)

Geri-waza or kicking techniques is the use of ones Legs and feet to defend or attack on opponent.

Any suitable patterns with minimum of 16 movements kicking techniques is recommended to teach from the grade of white belt onwards. (Instructors must provide minimum of 16 steps Geri Waza for the white belt training)

### KUMITE

1. Kihon Kumite
2. Gohon Kumite
3. Ippon Kumite



Excellent	E - above 90
Very Good	V - 80 to 90
Good	G - 70 to 80
Pass	P - 60 marks