



WANKAN SHOTOKAN
KARATE INTERNATIONAL

GRADING SYLLABUS

1st KYU Brown Belt to Sho-Dan Black Belt

KIHON

1. Kisami Mawashi Geri Gyaku Zuki (BL) Ushiro Mawashi Geri (LB) (MF) Mae Geri Kisami Zuki Gyaku Zuki (MB) Age Uke Gyaku Zuki
2. Kisami Zuki Gyaku Zuki (MF) Mae Geri (SL) Mawashi Geri Gyaku Zuki (MB) Gedan Uke Gyaku Zuki (BL) Ushiro Mawashi Geri (LB)
3. Kisami Mae Geri Gyaku Zuki (MF) Mawashi Geri Uraken Gyaku Zuki (MB) Soto Uke Gyaku Zuki (BL) Ushiro Mawashi Geri (LB)
4. Kisami Yoko Geri Gyaku Zuki (BL) Ushiro Mawashi Geri (LB) (MF) Ushiro Geri Uraken Gyaku Zuki (MB) Uchi Uke Gyaku Zuki

KATA

1. **BASSAI DAI** (To storm a fortress or castle, (Big–Dai)
42 movements, Kiai on movements 19 and 42
On Okinawa, the 'Bassai' kata were known as 'Passai'
2. **BASSAI SHO** (To storm a fortress or castle, (Small–Sho)
27 movements, Kiai on movements 17 and 22.
We are taught that Bassai-Dai symbolises the storming of a fortress and that Bassai-Sho symbolises the fight to capture the enemy.
3. **UKAI (Detour)**
Turning movement with various tricks and technique or detour
(Deviation from more direct route)
47 movements, kiai on 26, 42 & 47

JUNIOR KATAS : HEIAN GODAN, JION & ENPI

KIHON : Two Kihon will be asked during the grading - Students can select two out of four

KUMITE

1. Kihon Kumite
2. Ippon Kumite
3. Jiyu Ippon Kumite
4. Jiju Kumite



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