



WANKAN SHOTOKAN
KARATE INTERNATIONAL

GRADING SYLLABUS

Sho-Dan Black Belt to Ni-Dan Black Belt

KIHON

- (advanced common basics will be trained)
- (Self developed four basics will be asked during the exam)

KATA

- KANKU DAI (To look at or watch the sky, (Big –Dai)** 65 movements, Kiai on movements 15 and 65. When an intermediate student of Shotokan Kata views Kanku-Dai for the first time, there is always a sense of strong familiarity. This is because the Kata is made up primarily of techniques and combinations which appear in each of the 5 Heian Kata.
- KANKU SHO (To look at or watch the sky, (Small - Sho)** 47 movements, Kiai on movements 6 and 47.
The Kanku Kata were taught to the Okinawans by Master Kwang Shang Fu - Military Attache to Okinawa in 1724. The Okinawan way of saying his name is Kushanku and this was the Okinawan name for these Kata. Master Funakoshi changed the name to Kanku which means "to view the sky"
- GOKI (Stability or Mental firmness)** 34 movements, kiai on 11, 22 & 34
Capability to maintain balance, the ability to resist disturbance caused by environmental changes, or the ability to return to its original position after disturbance.

JUNIOR KATAS : ENPI, BASSAI-DAI & BASSAI-SHO

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