



WANKAN SHOTOKAN
KARATE INTERNATIONAL

GRADING SYLLABUS

Go-Dan Black Belt to Ruku-Dan Black Belt

KIHON

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

KATA

1. CHINTE (Incredible Hands)

32 movements, Kiai on movements 28 and 32

One of the older kata, with a yoi position that betrays its Wutang origin. The name has also been translated as meaning "to restore calm" or "to establish peace".

2. NIJUSHIHO (Twenty four Steps)

33 movements, Kiai on movements 18 and 32

This kata is thought to have its origins in one of the Dragon sub-styles. The form they are taken from is called 'Kaisan' and the old name was 'Neseishi'.

3. WANKAN (Kings Crown)

25 movements, Kiai on movement 25

The old name was 'Wanduan' and the name translated to "sword arm". To the layman, Wankan appears to be a simple Kata to perform, mainly due to the short length and few movements. The truth is that the Kata is full of technical subtleties that make it far more difficult to perform than would first appear.

JUNIOR KATAS : JION, ENPI & SOCHIN

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