



WANKAN SHOTOKAN
KARATE INTERNATIONAL

GRADING SYLLABUS

Ruku-Dan Black Belt to Shichi-Dan Black Belt

KIHON

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

KATA

1. GOJUSHIHI-DAI (Fifty four steps - Big)

62 movements, Kiai on movements 54 and 61.

This kata was unsuccessfully renamed Hotaku, which is the Japanese name for 'woodpecker'. This was due to the likeness of the action of a woodpecker tapping its beak against a tree.

2. GOJUSHIHO-SHO (Fifty four steps – Small)

65 movements, Kiai on movements 57 and 64

The 'Gojushiho' kata have their origin in a Southern Shaolin Style called "Phoenix Eye". The form they are taken from is called "Kaisan" and their Okinawan name was "Useishi".

3. FENG-BAO (Storm)

To blow strongly and suddenly with great energy

This kata is developed by modern techniques and tricks

Ability to achieve maintains both side equal powers.

87 movements, kiai on 58 and 87.

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