



WANKAN SHOTOKAN  
KARATE INTERNATIONAL

# GRADING SYLLABUS

## 9<sup>th</sup> KYU Yellow Belt to 8<sup>th</sup> KYU Orange Belt

### KIHON

1. (MF) Oi Zuki Gyaku Zuki (MB) Jodan Age Uke Gyaku Zuki
2. (MF) Kokutzu Dachy Syuto Uke Zenkutsu Dachy Gyaku Zuki  
(MB) Soto Uge Gyaku Zuki
3. (MF) Mae Geri Gyaku Zuki (MB) Gedan Uke Gyaku Zuki
4. (MF) Yoko Geri Gyaku Zuki (MB) Uchi Uge Gyaku Zuki

### KATA

1. **HEIAN SHO-DAN (Peaceful Mind) – Level-1**  
Heian means “Peaceful Mind”. It takes its name from a Place and a Temple in China.  
21 movements, Kiai on movements 9 and 17
2. **EN-KOU SHO-DAN (Bright Flame) Level-1**  
Bright: showing an ability to think, learn or respond quickly. Flame: glowing body, to have or develop a fiery glow, especially suddenly. 28 movements, kiai on 6, 12 & 28.

Note: ( All the above plus junior Kihon, Kata and Kumite )

### KUMITE

1. Kihon Kumite
2. Sambon Kumite
3. Ippon Kumite



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