



WANKAN SHOTOKAN  
KARATE INTERNATIONAL

# GRADING SYLLABUS

## 8<sup>th</sup> KYU Orange Belt to 7<sup>th</sup> KYU Green Belt

### KIHON

1. Oi Zuki Gyaku Zuki Age Uke
2. Mawashi Geri Gyaku Zuki
3. Mikosoki Geri (SL) Yoko Geri Gyaku Zuki

The above basics is done as a combination of three steps forward

### KATA

1. **HEIAN NI-DAN (Peaceful Mind) – Level-2**  
Heian means “Peaceful Mind”. It takes its name from a Place and a Temple in China. 26 movements, Kiai on movements 11 and 26.
2. **EN-KOU NI-DAN (Bright Flame) Level-2**  
Bright showing an ability to think, learn or respond quickly. Flame: glowing body, to have or develop a fiery glow, especially suddenly. 34 movements, kiai on 6, 12 & 34

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

### 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