



WANKAN SHOTOKAN
KARATE INTERNATIONAL

GRADING SYLLABUS

5th KYU Purple Belt to 4th KYU Brown Belt

KIHON

1. Kisami Mae Geri Gyaku Zuki
2. Kagi Geri Gyaku Zuki
3. Age Uke Gyaku Zuki Gedan Uke
4. Ashibarai (SL) Yoko Geri Gyaku Zuki

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

KATA

1. **HEIAN GO-DAN (Peaceful Mind) – Level-5**
Heian means “Peaceful Mind”. It takes its name from a Place and a Temple in China. 23 movements, Kiai on 12 and 19.
2. **EN-KOU GO-DAN (Bright Flame) Level-5**
Bright showing an ability to think, learn or respond quickly.
Flame: glowing body, to have or develop a fiery glow, especially suddenly.
52 Movements, kiai on 9, 18 & 52.

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