



WANKAN SHOTOKAN
KARATE INTERNATIONAL

GRADING SYLLABUS

3rd KYU Brown Belt to 2nd KYU Brown Belt

KIHON

1. Kisami Yoko Geri Gyaku Zuki
2. Soto Uke (SH) Gedan Uke Gyaku Zuki
3. Ushiro Mawashi Geri (LB)
4. Mawashi Geri Uraken Gyaku Zuki
5. Ashibarai (SL) Yoko Geri Gyaku Zuki

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

KATA

1. JION (Love and Goodness)

47 movements, Kiai on movements 17 and 47. This is the classic "mainstream" Shaolin Kata, complete with the "Ming" salute at the beginning. Shaolin was also named Jion-Ji.

2. ROUKI NI-DAN (Similar) Level – 2

Having a likeness or resemblance, esp. in a general way, having the same shape. 39 movements, kiai on 6, 12 & 39.

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