



WANKAN SHOTOKAN
KARATE INTERNATIONAL

GRADING SYLLABUS

2nd KYU Brown Belt to 1st KYU Brown Belt

KIHON

1. Kizami Mawashi Geri Gyaku Zuki
2. Ushiro Yoko Geri Uraken Gyaku Zuki
3. Age Uke (SH) Gedan Uke Gyaku Zuki
4. Mae Geri (SL) Mawashi Geri Gyaku Zuki
5. Ushiro Mawashi Geri (LB)

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

KATA

1. ENPI (Flying Swallow)

37 movements, Kiai on movements 15 and 36. A classic white crane style Kata brought to Okinawa in 1644 by Military Attache Master Wang-Shu. The Kata was named after him hence its Okinawan name of "Wanshu". This translates to 'excellent or incredible arms'

2. ROUKI SAN-DAN (Similar) Level – 3

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