

LLANDUDNO KARATE ASSOCIATION

NIDAN SYLLABUS (£100 GRADING FEE)

WKF RULES STATE THAT A SENIOR NIDAN MUST BE 17 YEARS +, AND HAVE TRAINED FOR A MINIMUM OF 5 YEARS.

MINIMUM 8 DESHI COURSES SINCE SHODAN GRADE

<u>ASSESSMENT 1</u>	-	PINAN KATA	MONTH 8
<u>ASSESSMENT 2</u>	-	SHODAN GRADE	MONTH 12
<u>ASSESSMENT 3</u>	-	ADVANCED KATA	MONTH 16

PORTFOLIO - PORTFOLIO MUST BE SUBMITTED 6 WEEKS PRIOR TO GRADE DATE FOR APPROVAL. ONLY STUDENTS WITH APPROVED PORTFOLIOS WILL BE ELIGIBLE FOR PRACTICAL EXAMINATION.

WRITTEN EXAM - PASS MARK = 80 %

KIHON - BASICS

KUMITE - FIGHTING, DEMONSTRATING A WIDE VARIETY OF TECHNIQUES ALONG WITH A CLEAR UNDERSTANDING OF RULES AND TERMINOLOGY.

STANCE COMBINATION - TO BE PERFORMED ON BOTH SIDES

ZENKUTSU-DACHI, SPINNING BACKWARDS INTO KOKUTSU-DACHI, JODAN SOTO UKE WITH TEMPLE GUARD, SHORTEN STANCE INTO ZENKUTSU-DACH, UCHI UKE, SHORTEN STANCE INTO NIKOASHI-DACHI, GEDAN UKE, LENGTHEN STANCE AT 45 DEGREE INTO SHIKO-DACHI, CHOKU ZUKI.

KICKING COMBINATIONS - TO BE PERFORMED ON BOTH SIDES

- A- USHIRO GERI, USHIRO OTTOSHIGERI, MAEGERI, MAWASHIGERI, GYAKUZUKI.
- B- SWITCH STANCE, MAEKEN, CHOKU-ZUKI, REAR LEG MAWASHIGERI, SPINNING BACKWARDS INTO ZENKUTSU-DACHI, URAKEN, GYAKUZUKI.
- C- SPINNING BACKWARDS INTO ZENKUTSU-DACHI, URAKEN, CHOKU-ZUKI, MAEGERI WITH NO KAMAE, SAME LEG MAWASHIGERI, GYAKUZUKI

KATA & BUNKAI - FORMS & APPLICATION

THE FOLLOWING KATA MUST BE BOTH PERFORMED AND APPLIED TO A HIGH STANDARD.

PINAN SHODAN	ROHAI	BASAI DAI
PINAN NIDAN	JITTE	SEIENCHIN
PINAN SANDAN	ANNANKO	
PINAN YONDAN	JI'IN	
PINAN GODAN	MATSUKAZE	
	JION	

STUDENTS MUST ALSO PICK 2 KATA FROM THE OFFICIAL HAJIME HIRO RYU HA LIST LOCATED BOTH ONLINE AND AT THE DOJO. SPEAK TO YOUR SENSEI FOR MORE DETAILS.