

LLANDUDNO KARATE ASSOCIATION

SHODAN SYLLABUS (£100 GRADING FEE)

WKF RULES STATE THAT A SENIOR SHODAN MUST BE 15 YEARS +, AND HAVE TRAINED FOR A MINIMUM OF 3 YEARS.

MINIMUM 4 DESHI COURSES SINCE LAST KYU GRADE

PREDAN ASSESSMENT IS REQUIRED 4 MONTHS AFTER FINAL KYU GRADE

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, OIZUKI CHUDAN, DROPPING BACK IN SHIKO-DACHI, GEDAN-UKE, SPINNING BACKWARDS INTO KOKUTSU-DACHI, CHUDAN SOTO UKE, CHOKU-ZUKI

KICKING COMBINATIONS - TO BE PERFORMED ON BOTH SIDES

- A- SURIKOMI MAWASHIGERI, USHIRO GERI, USHIRO OTTOSHIGERI, MAEGERI, GYAKUZUKI.
- B- OIZUKI JODAN, CHOKU-ZUKI, LEADING LEG MAWASHIGERI, SPINNING BACKWARDS INTO ZENKUTSU-DACHI, URAKEN, GYAKUZUKI.
- C- SURIKOMI MAWASHIGERI, USHIRO OTTOSHIGERI, MAEGERI, OIZUKI TO FURUZUKI, SPINNING BACKWARDS INTO SHIKO-DACHI, URAKEN, SHORTEN TO ZENKUTSU-DACHI, GYAKUZUKI.

KATA & BUNKAI

- FORMS & APPLICATION

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

PINAN SHODAN
PINAN NIDAN
PINAN SANDAN
PINAN YONDAN
PINAN GODAN

BASAI DAI
SEIENCHIN

THE FOLLOWING KATA MUST BE PERFORMED TO A HIGH STANDARD

ROHAI
ANNANKO
MATSUKAZE

JITTE
JI'IN
JION