

# 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    |
| <u>ASSESSMENT 2</u> | - | SHODAN GRADE  |
| <u>ASSESSMENT 3</u> | - | ADVANCED KATA |

**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   | UNSHU     |
| PINAN YONDAN | JI'IN     | SEIPAI    |
| PINAN GODAN  | MATSUKAZE |           |
|              | JION      |           |