

LLANDUDNO KARATE ASSOCIATION

SANDAN SYLLABUS (£100 GRADING FEE)

WKF RULES STATE THAT A SENIOR SANDAN MUST BE 20 YEARS +, AND HAVE TRAINED FOR A MINIMUM OF 8 YEARS.

MINIMUM 12 DESHI COURSES SINCE NIDAN GRADE

<u>ASSESSMENT 1</u>	-	PINAN KATA & APPLICATION
<u>ASSESSMENT 2</u>	-	SHODAN GRADE
<u>ASSESSMENT 3</u>	-	ADVANCED KATA & APPLICATION
<u>ASSESSMENT 4</u>	-	NIDAN GRADE
<u>ASSESSMENT 5</u>	-	DAN GRADE KATA & APPLICATION

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 = 90 %

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 SHIKO-DACHI (45 DEGREES), GEDAN UKE, SHORTEN STANCE INTO NEKO-DACHI, SHUTO UKE, LENGTHEN STANCE INTO ZENKUTSU-DACHI, CHOKU ZUKI, STEPPING BACK INTO KOKUTSU-DACHI, JODAN UKE

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	CHINTO
	JION	PAIKU