

# LLANDUDNO KARATE ASSOCIATION

## YONDAN SYLLABUS (£100 GRADING FEE)

WKF RULES STATE THAT A SENIOR YONDAN MUST BE 24 YEARS +, AND HAVE TRAINED FOR A MINIMUM OF 12 YEARS.

MINIMUM 16 DESHI COURSES SINCE LAST SANDAN 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
<u>ASSESSMENT 6</u>	-	SANDAN GRADE
<u>ASSESSMENT 7</u>	-	TEACH DESHI
<u>PORTFOLIO</u>	-	PORTFOLIO MUST BE SUBMITTED 6 WEEKS PRIOR TO GRADE DATE FOR APPROVAL. ONLY STUDENTS WITH APPROVED PORTFOLIOS WILL BE ELIGIBLE FOR PRACTICAL EXAMINATION.
<u>WRITTEN EXAM</u>	-	PASS MARK = 100 %
<u>KIHON</u>	-	BASICS
<u>KUMITE</u>	-	FIGHTING, DEMONSTRATING A WIDE VARIETY OF TECHNIQUES ALONG WITH A CLEAR UNDERSTANDING OF RULES AND TERMINOLOGY.
<u>KATA &amp; BUNKAI</u>	-	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
		SHIHO KOSOKUN
		NISEISHI