

# LLANDUDNO KARATE ASSOCIATION

## GODAN SYLLABUS (£100 GRADING FEE)

WKF RULES STATE THAT A SENIOR GODAN MUST BE 29 YEARS +, AND HAVE TRAINED FOR  
A MINIMUM OF 17 YEARS.

MINIMUM 20 DESHI COURSES SINCE LAST YONDAN GRADE

- |                          |   |                                                                                                                                                                   |
|--------------------------|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>ASSESSMENT 1</u>      | - | PINAN KATA & ADVANCED KATA                                                                                                                                        |
| <u>ASSESSMENT 2</u>      | - | TEACH DESHI                                                                                                                                                       |
| <u>ASSESSMENT 3</u>      | - | SHODAN GRADE                                                                                                                                                      |
| <u>ASSESSMENT 4</u>      | - | TEACH DESHI                                                                                                                                                       |
| <u>ASSESSMENT 5</u>      | - | NIDAN GRADE                                                                                                                                                       |
| <u>ASSESSMENT 6</u>      | - | TEACH DESHI                                                                                                                                                       |
| <u>ASSESSMENT 7</u>      | - | SANDAN GRADE                                                                                                                                                      |
| <u>ASSESSMENT 8</u>      | - | TEACH DESHI                                                                                                                                                       |
| <u>ASSESSMENT 9</u>      | - | YONDAN GRADE                                                                                                                                                      |
| <br>                     |   |                                                                                                                                                                   |
| <u>PORTFOLIO</u>         | - | PORTFOLIO MUST BE SUBMITTED 6 WEEKS PRIOR TO<br>GRADE DATE FOR APPROVAL. ONLY STUDENTS WITH<br>APPROVED PORTFOLIOS WILL BE ELIGIBLE FOR<br>PRACTICAL EXAMINATION. |
| <br>                     |   |                                                                                                                                                                   |
| <u>WRITTEN EXAM</u>      | - | PASS MARK = 100 %                                                                                                                                                 |
| <u>KIHON</u>             | - | BASICS                                                                                                                                                            |
| <u>KUMITE</u>            | - | FIGHTING, DEMONSTRATING A WIDE VARIETY OF<br>TECHNIQUES ALONG WITH A CLEAR UNDERSTANDING OF<br>RULES AND TERMINOLOGY.                                             |
| <br>                     |   |                                                                                                                                                                   |
| <u>KATA &amp; BUNKAI</u> | - | 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

ROHAI  
JITTE  
ANNANKO  
JI'IN  
MATSUKAZE  
JION

BASAI DAI  
SEIENCHIN  
UNSHU  
SEIPAI  
CHINTO  
PAIKU  
SHIHO KOSOKUN  
NISEISHI  
GOJUSHIHO  
NIPAIPO