

Grading Syllabus

Sandan

*Students must have held 2nd **Dan** for 2 years*

IPPON/SANBONS – A selection from the list below:

Jodan-Ukes 1-8

Mae-geri Ukes 1-6

Kette Sanbons 1-3

Chudan 1-2

KATA

A selection of 15 Advance Kata from a prepared list.

DEMONSTRATION – Practical/Theory

Topic of your own choice – 15 minutes demonstration, practical and theory.

KATA – BUNKAI

Explanation of techniques of a nominated Advanced Kata.

WUKO RULES

Refereeing – Judging-Arbitrating

Scorekeeper- Practical Exam.