

South Calgary Karate

Dan Grading Syllabus



Objective

South Calgary Karate Dan grading syllabus will provide evaluators and students with information regarding the process, requirements and standards required to advance to a black belt and higher Dan grades.

Process

- Gradings will be scheduled once per year
 - Applicants must submit online application 1 month in advance of grading date
 - South Calgary Passbooks must be up to date
 - Application fee is \$100 (Certificate and Belt will be included)
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Requirements

Shodan

- Age – 16 years (minimum)
- Brown belt – 18 months (minimum)
- Training - about 120 training days after Brown belt rank
- Recommendation of Head Instructor

Nidan

- Shodan – plus 2 years (minimum)
- Training - about 160 training days after Shodan rank
- Recommendation of Head Instructor

Sandan

- Nidan – plus 3 years (minimum)
- Training - about 240 training days after Nidan rank

- Recommendation of Head Instructor

Yondan

- Sandan – plus 4 years (minimum)
- Training - about 320 training/teaching days after Sandan rank
- Recommendation of Head Instructor

Godan

- Yondan – plus 5 years (minimum)
 - Training - about 400 training/teaching days after Yondan rank
 - Recommendation of Head Instructor
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Format

- Applicants will present the following:
 - Application and questionnaire/essay/presentation (one month in advance)
 - Waza – Individual or Group setting – instructor lead
 - Kata - individually
 - Bunkai – Individually with uke
 - Kumite (two step and free) – with partner
 - Teaching
 - Leadership – Sandan and up
 - If successful candidates will be presented with Belt (shodan only) and Certificate
 - Evaluations will include written and verbal feedback
 - Results of Grading will be recorded in Passbook
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Technical

Shodan

- Completed Shodan questionnaire 80% required
- Waza – including stances, kicks, strikes, blocks, transitions
- Kata – applicant will present Kushanku & two Pinan katas of their choice and 1 of the evaluator's choice
- Bunkai – applicant will present 3 bunkai sequences with uke, sequences can be chosen from Kushanku or any Pinan Kata
- Kumite – applicants will present:
 - ability of different timings (sen, sen-no-sen and go-no-sen)
 - ability to attack and defend equally
 - repertoire of blocks, strikes, kicks, sweeps, combinations
 - movement, center and off-center
- Teaching – in the months leading up to the grading, teach 2-3 times, a 5-10 minute section of a class
 - Evaluation is based on safety (physical & psychological) & engagement of group – signed off by ranking black belt
 - Environment can be 1 on 1, small group or full class

Nidan

- Completed Nidan questionnaire 80% required
- Waza – including stances, kicks, strikes, blocks, transitions
- Kata – applicant will present Naihanchin, Seisan & two Pinan katas of their choice and 1 kata of the evaluator's choice
- Bunkai – applicant will present 3 bunkai sequences with uke, sequences can be chosen from Kushanku, Naihanchin, and/or Seisan
- Kumite – applicants will present:
 - ability of different timings (sen, sen-no-sen and go-no-sen)
 - ability to attack and defend equally
 - repertoire of blocks, strikes, kicks, sweeps, combinations
 - movement, center and off-center

- Teaching – in the months leading up to the grading teach, teach 2-3 times, a basic technique/skill/drill which demonstrates a progression and/or skill development
 - Evaluation is based on safety (physical & psychological) & engagement of group – signed off by ranking black belt
 - Environment can be 1 on 1, small group or full class

Sandan

- Present a research paper based on chosen question/subject – 1000-1500 words
- Waza – including stances, kicks, strikes, blocks, transitions
- Kata – applicant will present Chinto & Bassai & two katas of their choice and 1 kata of the evaluator's choice
- Bunkai – applicant will present 3 bunkai sequences with uke, sequences can be chosen from any black belt katas
- Kumite – applicants will present:
 - ability of different timings (sen, sen-no-sen and go-no-sen)
 - ability to attack and defend equally
 - repertoire of blocks, strikes, kicks, sweeps, combinations
 - movement, center and off-center
- Teaching – in the months leading up to the grading present, 2-3 times, an explanation of waza, bunaki or shindo combination, explanation and demonstration of process of teaching and associated drills/games for learning
- Leadership – options: in the months leading up to the grading
 - Assist or organize an event for the club, i.e. a clinic or tournament or outing
 - Assist with the design/creation of a product/service that adds value or prestige to the club
 - Complete NCCP training or WKF License
 - Other – can be discussed with Head Instructor

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Yondan

- Present a research paper based on chosen question/subject – 1000-1500 words
- Waza – including stances, kicks, strikes, blocks, transitions
- Kata – applicant will present Wansu & Jion & two katas of the evaluator's choice
- Bunkai – applicant will present 3 bunkai sequences with uke, sequences can be chosen from any black belt katas
- Kumite – applicants will present:
 - ability of different timings (sen, sen-no-sen and go-no-sen)
 - ability to attack and defend equally
 - repertoire of blocks, strikes, kicks, sweeps, combinations
 - movement, center and off-center
- Leadership – options: in the month(s) leading up to the grading
 - Organize an event for the club, i.e. a clinic or tournament or outing
 - Design/create a product that adds value or prestige to the club
 - Complete NCCP training or WKF License
 - Other – can be discussed with Head Instructor

Godan

- Present a research paper based on chosen question/subject – 1000-1500 words
- Waza – including stances, kicks, strikes, blocks, transitions
- Kata – applicant will present two katas of their choice and two katas of evaluator's choice
- Bunkai – applicant will present 3 bunkai sequences with uke, sequences can be chosen from any black belt katas
- Kumite – applicants will present:
 - ability of different timings (sen, sen-no-sen and go-no-sen)
 - ability to attack and defend equally
 - repertoire of blocks, strikes, kicks, sweeps, combinations
 - movement, center and off-center

- Leadership – Identifying issues/challenges within the organization and developing/implementing solutions for change – to be discussed with the Head Instructor

Discretionary Dan Ranks

- Dan ranks above Sandan may be awarded to persons who, due to age or permanent injuries, have spent an appropriate amount of time at a current rank and contribute through leadership, supporting, and/or promotion

Rokudan and higher

- These ranks are reserved for the most dedicated students who have spent an appropriate amount of time at a current rank and contribute through leadership, supporting, and/or promotion
 - Awarded at the discretion of the head instructor in consultation with ranking black belts of the association
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Associated Documents

- [Grading application – LINK](#)
- Questionnaire – Link in Grading applications
- Essay subject and submission – Link in Grading applications
- Evaluation forms – online or printed
- Certificates – printed
- Waza & Kata list - website