

# WADO ACADEMY

## DAN GRADE SYLLABUS 2023/24

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### KIHON-TSUKI-KERI-UKE

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukkomi
4. Kette gyakuzuki no tsukkomi
5. Tobikomi nagashizuki

### KIHON KERI

1. Mae geri chudan kekaeshi mawashi geri chudan.
2. Mawashi geri chudan kekaeshi sokuto chudan
3. Ura mawashi geri jodan
4. Ushiro geri chudan

### RENZOKU WAZA

1. Okuri ashi jun no jodan chudan nidozuki-okuri ashi gyakuzuki jodan-okuri ashi hiza geri chudan- Okuri ashi jun no furiken uchi jodan kiri kaeshi te-okuri ashi jun no uraken uchi jodan-okuri ashi gyaku no age zuki chudan-okuri ashi hiza geri chudan- okuri ashi jun no shuto uchi jodan-okuri ashi kirikaeshi te suihei uchi jodan- okuri ashi gyaku empi chudan-okuri ashi hiza geri chudan.
2. Okuri ashi-ayumi ashi junzuki jodan-okuri ashi gyakuzuki jodan-okuri ashi maegeri chudan-okuri ashi nagashi junzuki jodan-okuri ashi gyakuzuki jodan-okurai ashi mawashi geri chudan-okuri ashi jun no uraken uchi jodan-okuri ashi gyaku no furiken uchi jodan-okuri ashi jun no age uchi chudan.
3. Okuri ashi gyakuzuki jodan-mae geri chudan-tsugi ashi mawashi geri jodan-okuriashi tai o sabaki nagara gyaku no uraken jodan uchi- ayumi ashi gyakuzuki chudan

### KATA (one kata from pinan)

<b>Shodan</b>	Seishan, Chinto
<b>Nidan</b>	Kushanku , Seishan
<b>Sandan</b>	Bassai, Niseishi
<b>Yondan</b>	Kushanku, Wanshu

**Godan** and higher – one pinan kata and any kata asked for by the examiner on the day at the table.

## KUMITE

<b>NIHON GUMITE</b>	Jupponme (No.10)	Juipponme (No 11)	Pinan Yodan Kaisetsu
<b>KUMITE KATA</b>	Ipponme (No.1)	Gohonme (No.5)	Happonme (No.8)

## KIHON GUMITE

**SHODAN** Ipponme (No.1) Gohonme (No.5) Ropponme (No.6)

**NIDAN** Ipponme (No.1) Gohonme (No.5) Happonme (No.8)

**SANDAN** Ipponme (No.1) Gohonme (No.5) Kyuhonme (No.9)

**YONDAN** Ipponme (No.1) Gohonme (No.5) Kyuhonme (No.9)

**GODAN** and higher – any number asked for by the examiners on the day at the grading table

## IDORI

**SANDAN AND YODAN** Yonhonme (No.4) Ropponme (No.6) Nanahonme (No.7)

**GODAN** and higher - Any number asked for by the examiners on the day at the grading table

## JYU KUMITE

### ESSAY

The following essay is to be prepared and handed in before taking the Dan Grade examination.

### **SENIORS**

Read any of the following books and write an essay on your understanding of the text.

BUSHIDO THE SOUL OF JAPAN, by INAZO NITOE. Published by Charles E Tuttle & Co.

A BOOK OF FIVE RINGS, by MUSASHI MIYAMOTO. Published by Harper Collins

WADO RYU KARATE, by HIRONORI OTSUKA . Masters Publication

Or:

Write an essay with the title: Karate training and my life

### **JUNIORS**

Write an essay with the title: Karate training and my life