

WADO ACADEMY

DAN GRADING SYLLABUS 2012

KIYON - TSUKI - KERI - UKE

- | | | |
|-------------------------------------|----------|---------------------|
| 1. Junzuki | mawatte: | jodan uke or |
| 2. Gyakuzuki | | gedan barai or |
| 3. Junzuki no tsukkomi | | jodan gaiwan uke or |
| 4. Gyakuzuki no tsukkomi | | jodan naiwan uke |
| 5. Mahanmi nekoashi dachi shuto uke | | |
| 6. Tobikomi zuki | | |

KIYON KERI

1. Sonoba maegeri chudan
2. Tsugi ashi mawashigeri jodan
3. Okuri ashi sokutogeri chudan
4. Okuri ashi ushirogeri chudan

REN ZOKU WAZA

1. Okuri ashi jun no jodan chudan nidozuki – okuri ashi gyakuzuki jodan – okuri ashi hizageri chudan – okuri ashi jun no furiken uchi jodan kiri kaeshi te jun no uraken uchi jodan – okuri ashi gyaku no age zuki chudan – okuri ashi hizageri chudan jun no shuto uchi jodan kirikaeshi te shuto suihei uchi jodan – okuri ashi gyaku empi uchi chudan – okuri ashi hizageri chudan - *do the same technique again in the opposite stance*
2. Okuri ashi – ayumi ashi junzuki jodan – okuri ashi gyakuzuki jodan – okuri ashi maegeri chudan – okuri ashi nagashi junzuki jodan – okuri ashi gyakuzuki jodan – okuri ashi mawashigeri chudan – okuri ashi jun no uraken uchi jodan – okuri ashi gyaku no furiken uchi jodan – okuri ashi jun no ageuchi chudan - *do the same technique again in the opposite stance*
3. **(Imagine an opponent on all four sides)** Uchi okuri ashi junzuki jodan – okuri ashi gyakuzuki jodan – okuri ashi maegeri chudan – junzuki gyakuzuki junzuki san ren zuki – tsugi ashi ushirogeri chudan – ushirogeri chudan – okuri ashi maegeri chudan – okuri ashi nagashi junzuki jodan – gyakuzuki chudan – feint to one side, other side tsugi ashi sokutogeri chudan – jun no uraken uchi doji ni gyaku no furiken uchi jodan - tsugi ashi mawashigeri chude tsugi ashi de gedan no sabaki – ayumi ashi junzuki jodan gyakuzuki jodan renzuki – mawate okuri ashi maegeri chudan – okuri ashi mawashigeri chudan – onaji ashi de ashibari – jun no uraken uchi jodan – gyaku no furiken uchi chudan – jun no furiken jodan – hizageri chudan – *do the same technique again in the opposite stance*

KATA (one kata from Pinan)

- | | |
|---------------|---------------------|
| Shodan | Kushanku, Naihanchi |
| Nidan | Jion, Naihanchi |
| Sandan | Kushanku, Seishan |
| Yondan | Jion Bassai |

Godan and higher – ONE KATA FROM PINAN AND ANY KATA ASKED FOR BY THE EXAMINER ON THE DAY AT THE TABLE

Continued

KUMITE

Ippon Gummite No. 9 No. 10
Kumite Gata No. 5 No. 6

KIHON GUMITE

Shodan Ippon me (no.1) Nihon me (no.2) Sanbon me (no.3)
Nidan Ippon me (no.1) Sanbon me (no.3) Yonhon me (no.4)
Sandan Ippon me (no.1) Yonhon me (no.4) Roppon me (no.6)
Yodan Ippon me (no.1) Nanahon me (no.7) Happon me (no.8)
Godan and higher - ANY NUMBER ASKED FOR BY THE EXAMINER ON THE DAY AT THE TABLE

IDORI

Sandan and Yodan Ippon me (no.1) Nihon me (no.2) Sanbon me (no.3)
Godan and higher - ANY NUMBER ASKED FOR BY THE EXAMINER ON THE DAY AT THE TABLE

JIYU KUMITE

The following essays 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 Nitobe
Published by Charles E. Tuttle Co.

A BOOK OF FIVE RINGS by Mushashi Miyamoto
Published by Harper Collins

ZEN IN THE ART OF ARCHERY by Eugen Herrigel
Published by Routledge & Kegan Paul

THE SPIRIT OF BUDO: OLD TRADITIONS FOR PRESENT DAY LIFE
by Trevor Leggett. Published by Kegan Paul International

OR:

Write an essay with the title ‘Karate Training and my Life’

JUNIORS:

Write an essay with the title ‘Karate Training and my Life’

