

WADO ACADEMY

DAN GRADING SYLLABUS

2015/16/17

KIHON - TSUKI - KERI - UKE

1. Kette Junzuki.....Kette Mawatte Jodan Uke
2. Kette Gyakuzuki.....Kette Mawatte Gedan Barai
3. Kette Junzuki No Tsukkomi.....Kette Mawatte Jodan Gaiwan Uke
4. Kette Gyakuzuki No Tsukkomi.....Kette Mawatte Jodan Naiwan Uke
5. Tobikomi Nagashi Zuki

KIHON KERI

1. Mae Geri Chudan
2. Mawashi Geri Chudan
3. Okuri Ashi Sokutogeri Chudan
4. Okuri Ashi Ushiro Geri Chudan

RENZOKU WAZA

1. Okuri Ashi Gyaku Zuki Jodan-Mae Geri Chudan-Tsugi Ashi Jodan Mawashi Geri- Okuri Ashi Tai O Sabaki Nagara Gyaku No Uraken Jodan Uchi-Ayumi Ashi Gyaku Zuki Chudan
2. Okuri Ashi Chudan Jodan Nagashi Nido Junzuki -Mae Geri Chudan- Jodan Chudan Nagashi Nido Junzuki-Mae Geri-Jodan Nagashi Junzuki-Furiken Uchi Jodan, Uraken Jodan Gyaku Zuki Chudan
3. Ushiro E Ayumi Ashi Nagashi Jodan Uke-Tsugi Ashi Jodan Mawashi Geri-Uchi Okuri Ashi Chudan Nagashi Uke-Ayumi Ashi Jodan Zuki-Jun No Chudan Nagashi Uke- Gyaku No Jodan Haito Uchi.

KATA - one Pinan kata plus;

Shodan Chinto, Jion
Nidan Seishan, Chinto
Sandan Niseishi, Jitte
Yondan Wanshu, Rohai

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

KUMITE

Nihon Gumite no.1 no. 2

KIHON GUMITE

Shodan Ipponme (no.1) Yonhonme (no.4) Ropponme (no.6)
Nidan Ipponme (no.1) Yonhonme (no.4) Happonme (no.8)
Sandan Ipponme (no.1) Nanahonme (no.7) Kyuhonme (no.9)
Yondan Ipponme (no.1) Gohonme (no.5) Jupponme (no.10)

Godan and higher- ANY NUMBER ASKED FOR BY THE EXAMINER AT THE TABLE ON THE DAY.

KUMITE GATA

Nanahonme (no.7) Happonme (no.8) Kyuhonme (no.9)

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 AT THE TABLE ON THE DAY.

JIYU KUMITE

Continued

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'

