

## WADO AIWAKAI KARATE DO FEDERATION DAN GRADING SYLLABUS 2016 & 2017

### KIHON (BASICS)

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|--------------------------------|-----------------------|
| 1) Kette Junzuki               | Junzuki               |
| 2) Kette Gyakuzuki             | Gyakuzuki             |
| 3) Kette Junzuki No Tsukkomi   | Junzuki No Tsukkomi   |
| 4) Kette Gyakuzuki No Tsukkomi | Gyakuzuki No Tsukkomi |
| 5) Tobikomizuki Jodan          |                       |
| 6) Nagashizuki Jodan           |                       |
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### TAI NO IDO

- |                                        |                                      |
|----------------------------------------|--------------------------------------|
| 1) Jodan Uke – Gyakuzuki               | (Jigotai stance, Taisabaki, Teni)    |
| 2) Jodan Nagashi Uke Doji Ni Jodanzuki | (Jigotai stance, Taisabaki, Meotode) |
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### KERI WAZA (BASIC KICKS)

- 1) Maegeri Chudan
  - 2) Mawashigeri Jodan or Chudan
  - 3) Sokuto Chudan
  - 4) Ushirogeri Chudan
  - 5) Ura Mawashigeri Jodan or Chudan
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### REN RAKU WAZA (COMBINATION TECHNIQUES)

Combination techniques will be shown over the weekend training prior to the Dan grading

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### IPPON KUMITE

#### 1<sup>st</sup> Dan

Tsuki Uke      5, 9, & 11

Keri Uke      5, 8, & 9

#### 2nd Dan

Tsuki Uke      Any 3 from number 5 – 12      students own choice

Keri Uke      Any 3 from number 2 – 12      students own choice

#### 3<sup>rd</sup>/4<sup>th</sup> & 5th Dan

Tsuki Uke      Any 3 from number 5 – 14      students own choice

Keri Uke      Any 3 from number 2 – 12      students own choice

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### KUMITE GATA

- 1<sup>st</sup> Dan            Number 1, 2 & 4
- 2<sup>nd</sup> Dan            Number 1, 5 & 7
- 3<sup>rd</sup> Dan            Number 1 plus any 2 from number 2 – 10    students own choice
- 4<sup>th</sup>/5<sup>th</sup> Dan       Number 1 & 10 plus and 3 from number 2 – 9        students own choice
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### KIHON KUMITE

- 1<sup>ST</sup> Dan            Number 1 & 2 plus 1 of students choice from 3 or 4
- 2<sup>nd</sup> Dan            Number 1 plus any 2 from 2 – 8        students own choice
- 3<sup>rd</sup> Dan            Number 1, 5, 8 plus 1 from remaining Kihon Kumite students own choice
- 4<sup>th</sup> / 5<sup>th</sup> Dan       Number 1 & 8 plus any 3 from remaining Kihon Kumite students own choice
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### TANTO DORI

- 3<sup>RD</sup> Dan            1) Hikitate Dori            2) Kotenage Dori
- 4<sup>th</sup> / 5<sup>th</sup> Dan       1) Udegarami Dori        2) Sodekuguri Dori        3) Zudori
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### KATA

1<sup>ST</sup> Dan (junior 13 years and under)    Kushanku, Pinan Yondan plus 1 pinan kata students own choice

1<sup>st</sup> Dan (14 years plus and seniors)    Kushanku, Naihanchi plus 1 pinan kata students own choice

2<sup>nd</sup> Dan            Seishan, Chinto plus 1 pinan kata announced whilst grading

3<sup>rd</sup> Dan            Seishan, Chinto, Naihanchi plus either Pinan Yondan or Pinan Godan students own choice

4<sup>th</sup> / 5<sup>th</sup> Dan       Seishan, Chinto plus any other 2 kata students own choice no Pinan kata

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JI YU KUMITE (free fighting)

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HIKKI SHIKEN (written test)