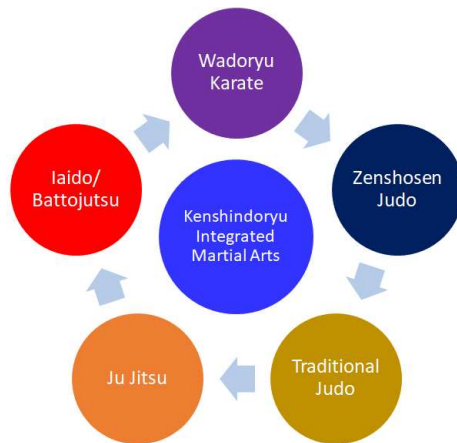


Kenshin Do Karate Wado Kai
Syllabus 2018



和道

献身道空手和道会



Wado Ryu Karate Syllabus 8th Kyu

KIHON, TSUKI & KERI (BASIC TECHNIQUES)

Junzuki, Mawatte Jodan Uke – Straight punch, turn Upper block

Gyakuzuki, Mawatte Gedan Barai – Opposite Punch, turn lower block

Maegeri – Front kick

Surikomi Sokuto Fumikomi – One step, edge of Foot kick to knee

Empi, Uraken Jodan – Elbow strike, backfist to head

RENRAKU WAZA (COMBINATION TECHNIQUES)

Maegeri, Tobikomizuki – Front kick, snap punch

Maegeri, Gyakuzuki – Front kick, opposite punch

Surikomi Maegeri, Gyakuzuki – One step, front kick, Opposite punch

TAISABAKI ICHI

UKE WAZA (BLOCKING TECHNIQUES)

Jodan Uke, Gyakuzuki – Upper Block, opposite punch

Gedan Barai, Gyakuzuki – Lower Block, opposite punch

Chudan Uchi Uke, Gyakuzuki – Middle inner block, Opposite punch

Wado Ryu Karate 7th Kyu Grade

KIHON, TSUKI & KERI

Kette Junzuki

Kette Gyakuzuki

Surikomi Mawashigeri Chudan

Sokuto Fumikomi

RENRAKU WAZA

Maegeri, Mawashigeri, Gyakuzuki

Maegeri, Surikomi Sokuto Fumikomi, Uraken Jodan

UKE WAZA (from Hanmi Gamae)

Jodan Uke, Gyakuzuki

Gedan Barai, Gyakuzuki

Uchi Uke, Gyakuzuki

Soto Uke Gyakuzuki

Chudan Maegeri Uke – No.1

Chudan Maegeri Uke – No.2

Chudanzuki Waza – No.1

Chudanzuki Waza – No.2

KATA

Pinan Nidan

KATA OHYO

Pinan Nidan

Wado Ryu Karate 6th Kyu Grade

KIHON, TSUKI & KERI

Junzuki No Tsukkomi

Kette Gyakuzuki

Tobikomizuki (Shizentai)

Surikomi Sokuto Chudan

Mawashigeri Chudan

Sunegeri

RENRAKU WAZA

Maegeri, Surikomi Mawashigeri, Gyakuzuki

Surikomi Maegeri, Sokuto Chudan, Uraken Jodan

UKE WAZA

Chudan Maegeri Uke No. 5

Chudan Maegeri Uke No. 6

Chudanzuki Waza No. 3

Chudanzuki Waza No. 4

Mawashigeri Uke – No 1

Mawashigeri Uke – No 2

KATA

Pinan Shodan

Pinan Sandan

KATA OHYO

Pinan Shodan

JI YU KUMITE (FREE FIGHTING)

Wado Ryu Karate 5th Kyu Grade

KIHON, TSUKI & KERI

Kette Junzuki
Kette Gyakuzuki
Kette Junzuki No Tsukkomi
Kette Gyakuzuki No Tsukkomi
Nagashizuki
Ushirogeri Chudan
Sokuto Chudan
Kakatogeri

RENRAKU WAZA

Maegeri, Nagashizuki, Gyakuzuki, Mawashigeri
Maeekomigeri, Sokuto Chudan, Ushirogeri, Gyakuzuki
Kakatogeri, Mawashigeri Chudan, Uraken

UKE WAZA

Chudan Maegeri Uke – No. 3
Chudan Maegeri Uke – No. 4
Ippon Gumite – No. 1
Ippon Gumite – No. 2

TAISABAKI NI

1 Maegeri (Jr Ipponme), 2 Surikomi Maegeri (Jr Nihonme), 3 Junzuki (Empi), 4
Tobikomizuki (Empi), 5 Surikomi Sokuto (Ushiro Empi), 6 Sokuto (Ushiro Empi),
7 Gyakuzuki (Uchiuke), 8 Ayumiashi Gyakuzuki (Uchiuke)

KATA

Pinan Sandan Pinan Yodan

KATA OHYO

Pinan Sandan

Ji Yu Kumite (FREE FIGHTING)

Wado Ryu Karate 4th Kyu Grade

KIHON, TSUKI & KERI

Kette Junzuki

Kette Gyakuzuki

Tobikomizuki

Uramawashigeri Chudan

Mawashigeri Chudan Nihonme (2)

Surikomi Kakatogeri

Ushirogeri Chudan

RENRAKU WAZA

Maegeri Jodan, Ashi Barai, Kakatogeri

Zenshinshite Jodan, Chudan Renzuki, Uchimawashigeri Chudan, Gyakuzuki

Surikomi Sokuto Chudan, Ushirogeri Gedan, Gyakuzuki Chudan, Uraken Jodan

UKE WAZA

Chudan Maegeri Uke – No. 1 & No. 4

Ippon Gumite – No. 3 & No. 4

Mawashigeri Uke – No. 3 & No. 4

UKEMI WAZA (BREAKFALLS)

Mae Korobi, Ushiro Korobi, Ushiro Ukemi, Yoko Hidari Ukemi, Yoko Migi Ukemi,

Mae Ukemi

KATA

Pinan Yodan

Pinan Godan

KATA OHYO

Pinan Yodan

JI YU KUMITE

Wado Ryu Karate 3rd Kyu Grade

KIHON, TSUKI & KERI

Kette Junzuki

Kette Gyakuzuki

Kette Junzuki No Tsukkomi

Gyakuzuki No Tsukkomi

Nagashizuki

Surikomi Mawashigeri Jodan

Surikomi Sokuto Jodan

Nidan Geri

RENRAKU WAZA

Maegeri, Nagashizuki, Mawashigeri, Chudan, Ushirogeri Chudan

Zenshinshite Jodan, Chudan Renzuki, Mawashigeri Jodan, Sokuto Chudan, Uraken

TAISABAKI SAN

1 Kosotogari, 2 Kosotogari, 3 Wrist/face restraint 4 Wrist/ face restraint, 5 Empi/
Te Otoshi, 6 Empi/ Te Otoshi, 7 Ushiromawashigeri 8 Ushiromawashigeri

KIHON GUMITE

Ipponme

Nihonme

KATA

Ku Shanku

1 Pinan Kata chosen by examiner

KATA OHYO

Choice of any Pinan Kata

JI YU KUMITE

Wado Ryu Karate 2nd Kyu Grade

KIHON, TSUKI & KERI

Junzuki

Gyakuzuki

Nagashizuki

Uramawashigeri Jodan

Sokuto Jodan

Uchimawashigeri Jodan

Ushirogeri Chudan

Sunegeri

RENRAKU WAZA

Mikazukigeri, Ushirogeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan

Maegri Chudan, Nagashizuki, Uramawashigeri Jodan, Gyakuzuki Chudan

Zenshinshite Jodan, Chudan Renzuki, Uchimawashigeri Jodan, Tobikomizuki

Gyakuzuki, Uraken

KIHON GUMITE

Sanbonme, Yohonme

UKEMI WAZA (BREAK FALLS)

Mae Kerobi, Ushiro Kerobi, Ushiro Ukemi, Yoko Hidari Ukemi, Yoko Migi Ukemi,

Mae Ukemi

KATA

Nai Hanchi

Seishan

KATA OHYO

Nai Hanchi

JI YU KUMITE

Wado Ryu Karate 1st Kyu Grade

KIHON, TSUKI & KERI

Kette Junzuki

Kette Gyakuzuki

Kette Junzuki No Tsukkomi

Kette Gyakuzuki No Tsukkomi

Nagashizuki

Sunegeri

Mawashigeri Jodan

Sokuto Jodan

Ushiromawashigeri

Nidan Geri Jodan

RENRAKU WAZA

Zenshinshite Jodan, Chudan Renzuki, Ushiro Uraken, Gyakuzuki Chudan,
Maegeri, Mawashigeri Jodan, Ushiromawashigeri, Gyakuzuki Chudan
Surikomi Sokuto Jodan, Ushirokakatogeri, Gyakuzuki

KIHON GUMITE

Ropponme

Gohonme

KATA

Seishan

Chinto

KATA OHYO

Seishan

JI YU KUMITE

Wado Ryu Karate SHODAN Grade

KIHON

TSUKI

&

KERI

Junzuki
Kette Junzuki
Junzuki No Tsukkomi
Kette Junzuki No Tsukkomi
Gyakuzuki
Kette Gyakuzuki
Gyakuzuki No Tsukkomi
Tobikomizuki
Nagashizuki

Maegeri Jodan
Mawashigeri Jodan
Sokuto Jodan
Uramawashigeri Jodan
Ushirogeri Chudan
Ushiromawashigeri Jodan
Sunegeri
Kakatogeri
Mikazukigeri

RENRAKU WAZA

Maegeri, Nagashizuki, Kakatogeri, Nido Ashi (De Ashi Barai, Sokuto Chudan)
Zenshinshite Jodan, Chudan Renzuki, Nido Geri (Mawashigeri Chudan,
Mawashigeri Jodan), Gyakuzuki
Tobikomizuki, Ushiro Tobi Uraken, Uramawashigeri Jodan, Gyakuzuki Chudan,
Uraken Jodan

UKE WAZA

Maegeri Uke 1 – 6
Ippon Gumite 1 – 4

Chudanzuki Waza 1 - 4
Mawashigeri Uke 1 - 4

KIHON GUMITE

7 & 8

KATA

All Pinan Kata
Nai Hanchi
Jion

KATA OHYO

Chinto

JI YU KUMITE (30 minutes, non-stop)

Wado Ryu Karate NIDAN Grade

KIHON, TSUKI & KERI

Junzuki	Maegeri Kekomi Jodan
Kette Junzuki	Mawashigeri Jodan
Junzuki No Tsukkomi	Sokuto Jodan
Kette Junzuki No Tsukkomi	Uramawashigeri Jodan
Gyakuzuki	Ushiromawashigeri Jodan
Kette Gyakuzuki	Sunegeri
Gyakuzuki No Tsukkomi	Uchimawashigeri Jodan
Kette Gyakuzuki No Tsukkomi	Nidan Geri Jodan
Tobikomizuki	Yoko Tobigeri
Nagashizuki	Tobimawashigeri

RENRAKU WAZA

Mikazukigeri, Surikomi Mawashigeri Jodan, Ushirogeri Chudan, Gyakuzuki Zenshinshite Jodan, Chudan Renzuki, Nido Geri (Sokuto Fumikomi, Sokuto Chudan) Uraken
Yoko Tobigeri, Kakatogeri, Gyakuzuki Gamen

TAISABAKI SAN

KIHON GUMITE

9 - 10

KATA

Kushanku
Seishan
Chinto
Bassai

KATA OHYO

Kushanku

Ji Yu Kumite (FREE FIGHTING)