

British Isles Karate Association

WADO RYU DAN GRADE SYLLABUS

KIHON, TSUKI & KERI (BASIC TECHNIQUES) – 1st., 2nd. & 3rd. Dan

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Shuto Uke
7. Surikomi Mawashigeri Jodan
8. Surikomi Sokuto Jodan
9. Ushirogeri Chudan
10. Mae Ushiromawashigeri

RENRAKU WAZA (COMBINATION TECHNIQUES) – 1st., 2nd. & 3rd. Dan.

1. Zenshinshite Renzuki – Maegeri Chudan – Mawashigeri Chudan – Ushirogeri Chudan – Gyakuzuki Chudan
2. Surikomi Zenshinshite Renzuki – Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan – Uraken Jodan
3. Zenshinshite Renzuki – Maegeri Chudan – Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan

KATA (FORM)

1st. Dan

1. Ku Shanku
2. Nai Hanchi
3. Chinto

2nd. Dan

1. Chinto
2. Seisan
3. Bassai

3rd. Dan

1. Wanshu
2. Jitte
3. Ni Sei Shi

SANBON GUMITE – 1st., 2nd. & 3rd. Dan

1. Jodan Uke – 1, 2, 3
2. Kette Uke – 1, 3, 4

OHYU GUMITE – 1st., 2nd. & 3rd. Dan

5, 6, 7, 8

KIHON GUMITE

1st. Dan

1, 2, 3

2nd. Dan

4, 5, 6

3rd. Dan

5, 8, 10

JI YU GUMITE

+ other basic kata and partner work required

+ verbal examination