



WADO ACADEMY

DAN GRADE SYLLABUS 2018/19

KIHON – TSUKI – KERI – UKE

- | | |
|--------------------------------|-----------------------|
| 1. Kette junzuki | mawatte: jodan uke or |
| 2. Kette gyakuzuki | gedan barai or |
| 3. Kette junzuki no tsukkomi | jodan gaiwan uke or |
| 4. Kette gyakuzuki no tsukkomi | jodan naiwan uke |
| 5. Tobikomi nagashizuki | |

KIHON KERI

1. Maegeri chudan
2. Mawashigeri chudan
3. Okuri ashi sokutogeri chudan
4. Okuri ashi ushirogeri chudan

RENZOKU WAZA

1. Tsugi ashi sokugeri gedan – jodan nagashi junzuki – mawashigeri chudan – kekaeshi sokutogeri kebanashi – jodan uraken uchi – chudan gyakuzuki

2. Okuri ashi jun no uraken age uchi doji ni maegeri chudan – uchi okuri ashi jun no chudan nagashi uke – jodan nagashi uke doji ni jodanzuki – tai o sabaki jun no te de chudan nagashi uke – onaji te de jodan koken uchi – ayumi ashi chudan teisho uchi – okuri ashi empi uchi

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 chudan – ushiro e tsugi ashi de gedan no sabaki – ayumi ashi junzuki jodan gyakuzuki jodan renzuki – mawatte okuri – ashi maegeri chudan – okuri ashi mawashigeri chudan – onaji ashi de ashibarai – 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, Seishan

Nidan Chinto, Bassai

Sandan Naihanchi, Niseishi

Yondan Wanshu, Rohai

Godan and higher – One kata from Pinan and any kata asked for by the examiners on the day at the grading table.

February 2018

KUMITE

Ippon Gumite Roppon me (No.6) Juppon me (No.10)

Kumite Gata Ippon me (No.1) Yonhon me (No.4) Juppon me (No.10)

Kihon Gumite

| | | | |
|---------------|-----------------|-----------------|-------------------|
| Shodan | Ippon me (No.1) | Nihon me (No.2) | Gohon me (No.5) |
| Nidan | Ippon me (No.1) | Gohon me (No.5) | Happon me (No.8) |
| Sandan | Ippon me (No.1) | Gohon me (No.5) | Nanahon me (No.7) |
| Yondan | Ippon me (No.1) | Gohon me (No.5) | Kyuhon me (No.9) |

Godan and higher – Any number asked for by the examiners on the day at the grading table.

TANTO DORI

Sandan and Yondan Ippon me (a) (No.1a) Ippon me (No.1) Sanbon me (No.3)

Godan and higher – Any number asked for by the examiners on the day at the grading table.

JIYU KUMITE

ESSAY

The following essay is 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 & Paul Kegan International.

THE SPIRIT OF BUSHIDO: OLD TRADITIONS FOR PRESENT DAY LIFE, by Trevor Leggett. Published by Paul Kegan 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.***”

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