

WADO ACADEMY

DAN GRADING SYLLABUS 2009-11

KIHON - TSUKI - KERI - UKE

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

KIHON KERI

1. Ayumi ashi maegeri chudan – kekaeshi mawashigeri chudan.
2. Okuri ashi maegeri jodan – tsugi ashi sokuto geri chudan.
3. Tsugi ashi mawashigeri jodan uramawashigeri gedan – maegeri gedan.

REN ZOKU WAZA (with a partner)

1. REN ZOKU WAZA YONHON ME (NO 4)

Kamae: Migi ai gamai

Ukemi: Ushiro e okuri ashi jodan nagashi uke – ushiro e ayumi ashi – naname ushiro e ayumi ashi – mawashigeri jodan.

Torimi: Okuri ashi gyakuzuki jodan – maegeri chudan – tsugi ashi mawashigeri jodan – okuri ashi tai o sabaki nagara gyaku no uraken jodan uchi – ayumi ashi gyakuzuki chudan.

2. REN ZOKU WAZA ROPPON ME (NO 6)

Kamae: Migi ai gamai

Ukemi: Ushiro e okiku ayumi ashi – maegeri chudan – junzuki jodan – gyakuzuki chudan.

Torimi: 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. REN ZOKU WAZA KYUHON ME (NO 9)

Kamae: Migi ai gamai

Ukemi: Okuri ashi maegeri chudan

Torimi: Taisabaki nagashi uke – ayumi ashi (Ukemi no keri ashi no ushiro e hakobi) doji ni jun no teisho uchi jodan – mae ashi o hiite ukemi o taoshi tsuki de kimeru.

KATA (ONE KATA FROM PINAN)

Shodan Kushanku, Naihanchi

Nidan Kushanku, Naihanchi

Sandan Kushanku, Seishan

Yondan Kushanku, Chinto

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

NIHON GUMITE

Ippon me (no. 1)

Nihon me (no. 2)

KIHON GUMITE

Shodan	Ippon me (no.1)	Nihon me (no.2)	Yonhon me (no.4)
Nidan	Ippon me (no.1)	Sanbon me (no.3)	Roppon me (no.6)
Sandan	Ippon me (no.1)	Yonhon me (no.4)	Gohon me (no.5)
Yondan	Ippon me (no.1)	Roppon me (no.6)	Juppon me (no.10)

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

TANTO TORI

Sandan and higher - Ippon me (no.1) Sanbon me (no.3) Yonhon me (no.4)

JIYU KUMITE

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

JUNIORS ONLY:

Write an essay with the title 'Karate Training and my Life'

