

WADO ACADEMY

DAN GRADE SYLLABUS 2025/26



KIHON TSUKI

1. Kette Junzuki.....Kette Mawatte Jodan Uke
2. Kette Gyaku Zuki.....Kette Mawatte Gedan Barai
3. Kette Jun Zuki No Tsukkomi....Kette Mawatte Jodan Gaiwan Uke
4. Kette Gyaku Zuki No Tsukkomi..Kette Mawatte Jodan Naiwan Uke
5. Tobikomi Nagashi Zuki

KERI WAZA

1. Soto Okuri Ashi Mawashi Geri Chudan Kekaeshi Sokuto Gedan
2. Ashi Barai Kekaeshi Sokuto Chudan
3. Ashi Barai Ushiro Geri Chudan

RENZOKU WAZA

1. Ushiro E Ayumi Ashi Jodan Nagashi Uke, Tsugi Ashi Mawashi Geri, Uchi Okuri Ashi Chudan Nagashi Uke, Ayumi Ashi Jun Zuki Jodan, Harai Uke Chudan, Gyaku No Haito Uchi Jodan.
2. Okuri Ashi Chudan Jodan Nido Nagashi Jun Zuki, Mae Geri, Jodan Chudan Nido Nagashi Jun Zuki, Mae Geri Jun Zuki Jodan, Furiken Jodan, Uraken Jodan, Gyaku Zuki Chudan.
3. Okuri Ashi Jun No Uraken Age Uchi Doji Ni Mae Geri Chudan-Uchi Okuri Ashi Jun No Chudan Nagashi Uke-Jodan Nagashi Uke Doji Ni Jodan Zuki-Tai O Sabaki Jun No Te De Chudan Nagashi Uke-Onaji Te De Jodan Koken Uchi-Ayumi Ashi Chudan Teisho Uchi – Okuri Ashi Chudan Empi Uchi

KATA

One Pinan Kata plus;

Shodan Kushanku, Naihanchi

Nidan Seishan, Chinto

Sandan Chinto, Bassai

Yondan Bassai, Jion

Godan and higher: One kata from Pinan and any Kata asked for by the examiner on the day.

KUMITE

NIHON GUMITE Yonhonme (no.4) Nanahonme (no.7) Pinan Shodan Kaisetsu

KIHON GUMITE

SHODAN	Ipponme (no.1)	Yonhonme (no.4)	Happonme (no.8)
NIDAN	Ipponme (no.1)	Yonhonme (no.4)	Gohonme (no.5)
SANDAN	Ipponme (no.1)	Gohonme (no.5)	Nanahonme (no.7)
YONDAN	Ipponme (no.1)	Gohonme (no.5)	Jupponme (no.10)
GODAN and higherany number asked for by the examiner.		

KUMITE GATA Ipponme (no.1) Sanbonme (no.3) Kyuhonme (no.9)

TANTO DORI

SANDAN, YODAN, GODAN. Sanbonme (no.3) Yonhonme (no.4) Gohonme (no.5)

KUMITE JUKUREN

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 NITOBÉ. Published by Charles E Tuttle & Co. A

BOOK OF FIVE RINGS, by MUSASHI MIYAMOTO. Published by Harper Collins

WADO RYU KARATE, by HIRONORI OTSUKA . Masters Publication

Or:

Write an essay with the title: Karate training and my life

JUNIORS

Write an essay with the title: Karate training and my life