



**KARATE CANADA
WADO RYU
DAN TEST GUIDELINES**

February 2012



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1. Wado-Ryu Dan Grading Syllabus

1.1.1. Kata, Kumite and training time:

| <u>Dan</u> | <u>Kata</u> | | | <u>Kumite</u> | <u>Age</u> | <u>Training (Min)</u> |
|------------|-------------|-----------|-------|---------------|------------|-----------------------|
| Shodan | Kushanku | Naihanchi | Pinan | Jiyu | Min 16 | 3 Years |
| Nidan | Seishan | Jion | Pinan | Jiyu | | 1 yr after Shodan |
| Sandan | Bassai | Rohai | Pinan | Jiyu | | 2 yr after Nidan |
| Yondan | Chinto | Niseishi | Pinan | Jiyu | | 3 yr after Sandan |
| Godan | Wanshu | Jitte | Pinan | Jiyu | | 4 yr after Yondan |
| Rokudan | Free | Free | Free | X | | 5 yr after Godan |
| Hichidan | Free | Free | Free | X | | 6 yr after Rokudan |
| Hachidan | Free | Free | Free | X | | 7 yr after Hichidan |

- Need Jiyu-Kumite (free sparring) for Shodan to Godan (up to 35 yrs. old).

1.1.2. Basic Techniques:

- The following basic techniques are required for Shodan to Godan.

- | | |
|--------------------------------------|--------------------|
| 1. Kihon-Tsuki: | |
| 2. Kette Junzuki | Mawatte: Jodan Uke |
| 3. Kette Gyakuzuki | Gedan Barai |
| 4. Kette Junzuki No Tsukkomi | Jodan Uke |
| 5. Kette Gyakuzuki No Tsukkomi | Gedan Barai |
| 6. Tobikomi Nagashizuki | Shizentai |
| 7. Shuto Uke Mahanmi Neko Ashi Dachi | Shuto Uke |

Kihon Keri:

1. Okuri Ashi Maegeri Chudan
2. Tsugi Ashi Mawashigeri Jodan
3. Ushiro Geri Chudan
4. Tsugi Ashi Sokuto Geri Chudan

Ren Zoku Waza:

Combination techniques of applicant's choice using punches/strikes and kicks. Three separate sequences should be demonstrated.

Kihon Kumite:

- | | |
|--------|--|
| Shodan | Ippon Me (No. 1) Nihon Me (No. 2) Sanbon Me (No. 3) |
| Nidan | Ippon Me (No. 1) Sanbon Me (No. 3) Yonhon Me (No. 4) |



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| | |
|--------|--|
| Sandan | Yonhon Me (No. 4) Gohon Me (No. 5) Hachihon Me (No. 8) |
| Yondan | Sanbon Me (No. 3) Gohon Me (No. 5) Kyuhon Me (No. 9) |
| Godan | Ippon Me (No. 1) to Juhon Me (No. 10) |

1.1.3. History:

Candidates may be asked some basic questions on the history of Wado Ryu karate.

1.1.4. Technical:

Candidates will be asked some questions on principle of techniques and movements.

Karate Canada approved standard kata references:

1. Goju, Shoto, Shito, Wado:

- Karatedo kata model for teaching Shiteigata –JKF and WKF approved reference.

2. Chito:

- Chito-Ryu Karate-Do Tournament Kata Officiating Guide for Judges 2001 (Chitose Tsuyoshi – Kumamoto City, Japan).



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WADO-RYU KATAS

1. Pinan Shodan
2. Pinan Nidan
3. Pinan Sandan
4. Pinan Yondan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Seishan
9. Chinto
10. Bassai
11. Niseishi
12. Rohai
13. Wanshu
14. Jion
15. Jitte