

WIKF

Grading Syllabus

3th Kyu

KIHON, TZUKI & KERI (BASIC TECHNIQUES)

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki No Tsukkomi
4. Kette-Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Sokuto Chudan

RENRAKU WASA (COMBINATION TECHNIQUES)

1. Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan- Gyakuzuki Chudan
2. Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan
3. Surikomi Maegeri Chudan-Sokuto Fumikomi-Ushirogeri Gedan-Uraken Jodan

SANBON GUMITE

1. Jodan Uke - Nihonme, Yonhonme
2. Chudan Maegeri - Ipponme, Sanbonme, Gohonme

OYHO GUMITE (SEMI FREE FIGHTING)

Ipponme, Nihonme, Yonhonme

KHIHON GUMITE

Ipponme, Nihonme

KATA (FORMKATA)

Ku Shanku

JI YU KUMITE (FREE FIGHTING)

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Grading Syllabus

2nd Kyu

KIHON, TSUKI & KERI (BASIC TECHNIQUES)

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki No Tsukkomi
4. Kette-Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Nidan Geri Jodan

RENRAKU WAZA (COMBINATION TECHNIQUES)

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

SANBON GUMITE

1. Jodan Uke - Ipponme, Yonhonme
2. Chudan Maegeri - Nihonme, Yonhonme, Ropponme
3. Chudan Soto Uke and Uchi Uke

KATA

1. Ku Shanku
2. Nai Hanchi

OHYO GUMITE (SEMI-FREE FIGHTING)

Sanbonme, Yonhonme, Gohonme

KIHON GUMITE

Sanbonme, Yonhonme

JI YU KUMITE (FREE FIGHTING)

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4.th Kyu

KHIHON.TZUKI & KERI (BASIC TECHNIQUES)

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. mawashigeri chudan
7. ushirogeri chudan
8. sokuto chudan

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. maegeri chudan-nagashizuki jodan-gyakuzuki chudan
2. surikomi maegeri chudan—nagashizuki jodan—mawashigeri chudan
3. maegeri chudan – sokuto fumikomi –ushirogeri gedan – gyakuzuki

SANBON GUMITE

1. jodan uke, ipponme,sanbonme
2. chudan maegeri,yonhonme,gohonme

OHYO GUMITE (SEMI FREE FIGHTING)

1. sanbonme

KATA (FORM)

1. pinan yodan, pinan godan

JI YU KUMITE (FREE FIGHTING)

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5th Kyu

KHIHON.TZUKI & KERI (BASIC TECHNIQUES)

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. ushirogeri gedan
7. sokuto chudan
8. nidan geri jodan

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. mawashigeri chudan – ushirogeri gedan –
gyakuzuki chudan
2. surikomi sokuto fumikomi – ushirogeri gedan –
uraken jodan

SANBON GUMITE

1. jodan uke – sanbonme, yohonme
2. chudan maegeri – sanbonme, yonhonme

OHYO GUMITE (SEMI FREE FIGHTING)

1. nihonme

KATA (FORM)

1. pinan sandan
2. pinan yondan

JI YU KUMITE (FREE FIGHTING)

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Grading Syllabus
6th Kyu

KHIHON.TZUKI & KERI (BASIC TECHNIQUES)

1. kette junzuki
2. kette gyakuzuki
3. tobikomizuki
4. surikomi-mawashigeri chudan
5. surikomi sokotu chudan

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. maegeri – sokotu fumikomi – gyakuzuki chudan
2. surikomi maegeri – sokoto chudan – gyakuzuki chudan

SANBON GUMITE

1. jodan uke ipponme
2. jodan uke nihonme
3. chudan maegeri – uke gohonme
4. chudan maegeri – uke rapponme

OHYO GUMITE (SEMI FREE FIGHTING)

1. Ipponme

KATA (FORM)

1. pinan shodan
2. pinan sandan

MÄRSTA WADO RYU KARATEKLUBB

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7th Kyu

KHIHON.TZUKI & KERI (BASIC TECHNIQUES)

1. junzuki no tsukomi
2. gyakuzuki no tsukomi
3. mawashigeri

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. maegeri-mawashigeri-gyakuzuki
2. surikomi-maegeri-mawashigeri-gyakuzuki

SANBON GUMITE

1. chudan-soto uke-maegeri gyakuzuki
2. chudan-uchi uke-empi
3. chudan maegeri-gyakuzuki(IPPONME)
4. chudan maegeri-gyakuzuki(NIHONME)

KATA (FORM)

Pinan nidan

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8th Kyu

KHIHON.TZUKI & KERI (BASIC TECHNIQUES)

1. junzuki turn in Jodan uke
2. gyakuzuki turn in gedan barai
3. maegeri
4. surikomi maegeri
5. sokuto fomikomi

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. chudan-maegeri-tobikomizuki
2. chudan-surikomi-maegeri-tobikomizuki
3. chudan-maegeri-gaykuzuki
4. chudan-surikomi-maegeri-gyakuzuki

UKE (BLOCKS)

1. chudan-soto uke-gyakuzuki
2. chudan-uchi uke-gyakuzuki