

London Wado Ryu Association

9th - 1st Kyu Syllabus



9th Kyu (Red Belt)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

<u>Japanese</u>	<u>English Meaning</u>
1) Jodan Uke	Head Block
2) Gedan Barai	Lower Block (Parry)
3) Gyaku Zuki	Opposite Punch (Left & Right)
4) Tobikomi Zuki	Front Snap Punch (Towards the face)
5) Mae Geri	Front Kick
6) Jun Zuki	Lunge Punch
7) Hidari Hanmi Gemae	Left Fighting Stance

Students will be expected to know:-

The Correct DOJO Etiquette (See appendix)

The following Japanese Terminology should be learnt:

1) Dojo	Training Area or Hall
2) Sensei	Instructor *
3) Sempai	Assistant Instructor *
4) Rei	Bow *
5) Yame	Stop *
6) Yoi	Ready (in <i>Shizen Hontai</i> Stance)
7) Uke	Block
8) Zuki (Tsuki)	Punch (Thrust)
9) Geri (Keri)	Kick
10) Seiken	Two Knuckle Fist
11) Mawatte	Turn
12) Seiza	Kneel
13) Kiritsu	Stand up
14) Musubi Dachii	Attention Stance (<i>See appendix</i>)
15) Otagai	Everybody
16) Hidari	Left
17) Migi	Right

Words with an * are very important to know, and are for your safety

8th Kyu (Yellow Belt)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

<u>Japanese</u>	<u>English Meaning</u>
1) Jun Zuki, Mawatte, Jodan Uke	
2) Gyaku Zuki, Mawatte, Gedan Barai	
3) Mae Geri	(Front Kick [with <i>rear</i> leg])
4) Surikomi Mae Geri	(<i>One Step</i> Front Leg Kick)
5) Sokuto Yoko Geri Chudan	(Side Kick to body [Using <i>edge of foot</i>])
6) Mawashi Geri Chudan	(Roundhouse Kick)

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Chudan Mae Geri (*without* changing guard), Tobikomi Zuki
- 2) Surikomi Mae Geri Chudan, Tobikomi Zuki
- 3) Chudan Mae Geri, Gyaku Zuki
- 4) Surikomi Mae Geri Chudan, Gyaku Zuki

UKE (BLOCKS)

- 1) Chudan Uke Ipponme [No. 1] (**AL DR**)
- 2) Chudan Uke Nihonme [No. 2] (*Attacker Left, Defender Right*)

KATA (FORM)

- 1) Pinan Nidan

The following Japanese Terminology should be learnt:

<u>Japanese</u>	<u>English Meaning</u>
1) Sonoba	Stay in the same place
2) Soto	Outside
3) Uchi	Inside
4) Kime	Focus
5) Tettsui	Hammer Fist
6) Mae	Front
7) Yoko	Side
8) Ushiro	Back
9) Gyaku	Reverse
10) Jodan	Head area (Shoulders upwards)
11) Chudan	Body area (Waist to chest)
12) Gedan	Lower body area (Below waist)
13) Sonobade Ippon Toru	Change to Gyaku Zuki (Stance)
14) Jun Zuki Hidari Hanmi Gemae	(<i>See appendix</i>)

7th Kyu (Orange Belt)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

- | | |
|---|----------------------------|
| 1) Jun Zuki | 2) Gyaku Zuki |
| 3) Jun Zuki no Tsukkomi
(Longer [Deeper] Jun Zuki) | 4) Mae Geri Chudan |
| 5) Mawashi Geri Chudan | 6) Sokuto Yoko Geri Chudan |

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Mae Geri, Mawashi Geri, Gyaku Zuki Chudan
- 2) Surikomi Mae Geri, Mawashi Geri, Gyaku Zuki Chudan

UKE (BLOCKS) SANBON GUMITE

<u>Child</u>	1) Chudan Uke Ipponme	[No. 1]	(AL DR)
	2) Chudan Uke Nihonme	[No. 2]	(AL DR)
<u>Adult</u>	1) Chudan Uke Sanbonme	[No. 3]	(AL DR)
	2) Chudan Uke Yonhonme	[No. 4]	(AL DR)
<u>Both</u>	3) Chudan Mae Geri Uke Ipponme	[No. 1]	(AL DL)
	4) Chudan Mae Geri Uke Nihonme	[No. 2]	(AL DR)

KATA (FORM)

- 1) Pinan Nidan
- 2) Pinan Shodan

The following Japanese Terminology should be learnt:

<u>Japanese</u>	<u>English Meaning</u>
1) Naore	Return to ready position and be in <i>Shizentai Musubi Dachi</i> (Stance)
2) Uraken	Back Fist
3) Nukite	Spear Hand
4) Kihon	Basic
5) Ashi Barai	Foot Sweep (<i>Ashi</i> = Foot [or Leg])
6) Gedan Barai	Lower Sweeping Block
7) Harai / Barai	Sweep (Or Parry)
8) Tachi / Dachi	Stance

6th Kyu (Green Belt)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

- 1) Kette Jun Zuki (See appendix)
- 2) Kette Gyaku Zuki (See appendix)
- 3) Tobikomi Zuki
- 4) Surikomi Mae Geri Chudan
- 5) Surikomi Mawashi Geri Chudan
- 6) Surikomi Sokuto Yoko Geri Chudan

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Mae Geri, Sokuto Yoko Fumikomi, Gyaku Zuki Chudan
- 2) Surikomi Mae Geri, Sokuto Yoko Geri Chudan, Gyaku Zuki
- 3) Mae Geri, Mawashi Geri (same leg), Gyaku Zuki

UKE (BLOCKS) SANBON GUMITE

- 1) Jodan Uke Ipponme [No. 1] (AL DL)
- 2) Jodan Uke Nihonme [No. 2] (AL DR)
- 3) Mae Geri Uke Sanbonme [No. 3] (AL DL)
- 4) Mae Geri Uke Yonhonme [No. 4] (AL DL)

KATA (FORM)

- 1) Pinan Shodan
- 2) Pinan Sandan
- 3) Pinan Nidan (Optional to Instructor)

Numbers (With pronunciation in I)

Ichi	[ee chee]	= One	Roku	[ro koo]	= Six
Ni	[nee]	= Two	Shichi	[chee chee]	= Seven
San	[san]	= Three	Hachi	[ha chee]	= Eight
Shi (Yon)	[she]	= Four	Kyu	[koo]	= Nine
Go	[go]	= Five	Jyu	[jew]	= Ten

5th Kyu (Blue Belt)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

- | | |
|-------------------------------|-----------------------|
| 1) Kette Jun Zuki | 2) Kette Gyaku Zuki |
| 3) Kette Jun Zuki no Tsukkomi | 4) Nagashi Zuki |
| 5) Mae Geri Chudan | 6) Ushiro Geri Chudan |
| 7) Sokuto Yoko Geri Chudan | 8) Nidan Geri Jodan |

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Mawashi Geri Jodan, Ushiro Geri Chudan, Gyaku Zuki
- 2) Surikomi Sokuto Yoko Fumikomi, Ushiro Geri Chudan, Uraken Jodan
- 3) Mawashi Geri, Sokuto Yoko Geri Chudan (same leg), Gyaku Zuki

UKE (BLOCKS) SANBON GUMITE

- 1) Chudan Uke Ipponme [No. 1] to Yonhonme [No. 4]
- 2) Mae Geri Uke Ipponme [No. 1] to Yonhonme [No. 4]
- 3) Jodan Uke Ipponme [No. 1] to Yonhonme [No. 4]

(See Appendix for Attacker / Defender Stances)

KATA (FORM)

- 1) Pinan Sandan
- 2) Pinan Yondan

JU YI KUMITE (FREE SPARRING)

Semi-Contact (Adult) (*Optional to Instructor*)

The following Japanese Terminology should be learnt:

<u>Japanese</u>	<u>English Meaning</u>
1) Ude	Forearm
2) Nagashi Uke	Parry Block
3) Nagashi Zuki	Parry Punch / Counter Punch

4th Kyu (Purple Belt)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

- | | |
|-------------------------------|-----------------------|
| 1) Kette Jun Zuki | 2) Kette Gyaku Zuki |
| 3) Kette Jun Zuki no Tsukkomi | 4) Nagashi Zuki |
| 5) Mae Geri Chudan | 6) Ushiro Geri Chudan |
| 7) Sokuto Yoko Geri Chudan | 8) Nidan Geri Jodan |

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Mawashi Geri Chudan, Nagashi Zuki Jodan, Gyaku Zuki
- 2) Surikomi Mae Geri Chudan, Nagashi Zuki Jodan, Mawashi Geri Chudan
- 3) Mae Geri Chudan, Sokuto Yoko Fumikomi, Ushiro Geri Chudan, Gyaku Zuki Chudan

UKE (BLOCKS) SANBON GUMITE

- 1) Jodan Uke Ipponme [No.1] to Yonhonme [No. 4]
(See Appendix for Attacker / Defender Stances)
- 2) Mae Geri Uke Gohonme [No. 5] (AL DL)
Mae Geri Uke Rapponme [No. 6] (AL DL)

KATA (FORM)

- 1) Pinan Yodan
- 2) Pinan Godan

JU YI KUMITE (FREE SPARRING)

10 Minutes of Semi-Contact (Adult)

The following Japanese Terminology should be learnt:

<u>Japanese</u>	<u>English Meaning</u>
1) Te	Hand
2) Oya Yubi	Thumb
3) Naka Yuki	Middle finger
4) Ko Yuki	Little Finger
5) Te Kubi	Wrist
6) Te no Uchi	Palm

3rd Kyu (Brown Belt, One Stripe)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

- | | |
|-------------------------------|-----------------------------|
| 1) Kette Jun Zuki | 2) Kette Gyaku Zuki |
| 3) Kette Jun Zuki no Tsukkomi | 4) Tobikomi Zuki |
| 5) Nagashi Zuki | 6) Mae Geri Chudan |
| 7) Ushiro Geri Chudan | 8) Sokuto Yoko Geri Chudan |
| 9) Nidan Geri Jordan | 10) Ura-Mawashi Geri Jordan |

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Surikomi Mae Geri Chudan, Mawashi Geri Chudan, Ushiro Geri Chudan, Uraken Jordan
- 2) Mae Geri Chudan, Mawashi Geri Chudan, Gyaku Zuki Chudan, Mawashi Geri Chudan
- 3) Surikomi Mae Geri Chudan, Sokuto Yoko Fumikomi, Ushiro Geri Chudan, Uraken Jordan

UKE (BLOCKS) SANBON GUMITE

- 1) Jordan Uke Ipponme [No. 1] to Yonhonme [No. 4]
- 2) Mae Geri Uke Ipponme [No. 1] to Rapponme [No. 6]
- 3) Chudan Uke Ipponme [No. 1] to Yonhonme [No. 4]

(See Appendix for Attacker / Defender Stances)

KATA (FORM)

- 1) Kushanku
- 2) **One** Pinan Kata of your choice

OHYO GUMITE (SEMI-FREE FIGHTING)

- 1) Ipponme [No. 1] (AL DL)
Nihonme [No. 2] (AR DL)

KIHON KUMITE

- 1) Ipponme [No. 1] (AR DR)
Nihonme [No. 2] (AR DR)

JU YI KUMITE (FREE SPARRING)

15 Minutes of Semi-Contact (Adult)

BASIC FIRST AID

2nd Kyu (Brown Belt, Two Stripes)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

- | | |
|-------------------------------------|-----------------------|
| 1) Kette Jun Zuki | 2) Kette Gyaku Zuki |
| 3) Kette Jun Zuki no Tsukkomi | 4) Nagashi Zuki |
| 5) Mae Geri Chudan | 6) Ushiro Geri Chudan |
| 7) Surikomi Sokuto Yoko Geri Chudan | 8) Nidan Geri Jodan |
- 9) Ura-Mawashi Geri Jodan

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Surikomi Mae Geri Chudan, Nagashi Zuki Jodan, Mawashi Geri Jodan, Gyaku Zuki
- 2) Mae Geri Chudan, Sokuto Yoko Geri Jodan, Ushiro Geri Chudan, Uraken, Gyaku Zuki Chudan
- 3) Surikomi Tobikomi Zuki, Gyaku Zuki, Surikomi Mae Geri, Mawashi Geri, Gyaku Zuki

UKE (BLOCKS) SANBON GUMITE

- 1) Jodan Uke Ipponme [No. 1] to Yonhonme [No. 4]
- 2) Mae Geri Uke Ipponme [No. 1] to Gohonme [No. 5]
- 3) Chudan Uke Ipponme [No. 1] to Yonhonme [No. 4]

(See Appendix for Attacker / Defender Stances)

KATA (FORM)

- 1) Kushanku
- 2) Naihanchi
- 3) **Two** Pinan Katas of your choice

OHYO GUMITE (SEMI-FREE FIGHTING)

- 1) Sanbonme [No. 3] (**AL DR**)
Yonhonme [No. 4] (**AR DR**)

KIHON KUMITE

- 1) Sanbonme [No. 3] (**AR DR**)
Yonhonme [No. 4] (**AL DR**)

JU YI KUMITE (FREE SPARRING)

20 Minutes of Semi-Contact (**Adult**)

1st Kyu (Brown Belt, Three Stripes)

The student will be expected to perform the following:-

KIHON TSUKI-KERI (BASIC TECHNIQUES)

- 1) Kette Jun Zuki
- 2) Kette Gyaku Zuki
- 3) Kette Jun Zuki no Tsukkomi
- 4) Tobikomi Zuki
- 5) Nagashi Zuki
- 6) Surikomi Mawashi Geri Jodan
- 7) Ushiro Geri Chudan
- 8) Surikomi Sokuto Yoko Geri Jodan
- 9) Ura-Mawashi Geri Jodan

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Tobikomi Zuki Jodan, Gyaku Zuki, Surikomi Mae Geri Chudan, Mawashi Geri Chudan, Ushiro Geri Chudan, Uraken, Gyaku Zuki Chudan
- 2) Surikomi Uraken, Gyaku Zuki, Surikomi Mawashi Geri, Ushiro Mawashi Geri, Uraken, Gyaku Zuki
- 3) Mae Geri Chudan, Nagashi Zuki Jodan, Gyaku Zuki Chudan, Mawashi Geri Jodan

UKE (BLOCKS) SANBON GUMITE

- 1) Jodan Uke Ipponme [No. 1] to Yonhonme [No. 4]
 - 2) Chudan Uke Ipponme [No. 1] to Yonhonme [No. 4]
 - 3) Mae Geri Uke Ipponme [No. 1] to Raponme [No. 6]
- (See Appendix for Attacker / Defender Stances)**

KATA (FORM)

- 1) Kushanku
- 2) Chinto
- 3) **Three** Pinan Katas of your choice

OHYO GUMITE (SEMI-FREE FIGHTING)

- 1) Gohonme [No. 5] **(AL DL)** Raponme [No. 6] **(AL DL)**

KIHON KUMITE (BASIC SPARRING)

- 1) Gohonme [No. 5] **(AL DR)** Raponme [No. 6] **(AL DR)**

JU YI KUMITE (FREE SPARRING)

25 Minutes of Semi-Contact **(Adult)**

APPENDIX

OTHER JAPANESE TERMINOLOGY

(Japanese)

(English Meaning)

DOJO ETIQUETTE – THE OPENING CEREMONY (IN ORDER)

Musubi Dachii	Attention Stance (<i>See TACHIKATA</i>)
Seiza	Kneel (Left knee first , then right knee)
Sensei Ni Rei	Bow to Instructor
Otagai Ni Rei	Bow to DOJO and all assembled
Kiritsu	Stand up to attention stance
Osu	Shortened form of “ <i>Oshi Shinobu</i> ”, meaning: “ <u>Keep Patience, I Am Here, I Try Hard, I Won’t Give Up</u> ”
Kyukei	Rest after Bow

KIHON-WAZA (BASIC TECHNIQUES)

Kata	A sequence of pre-arranged movements and techniques
Ki	Spirit and Energy
Kiai	Shout
Kime	Focus
Mawatte	Turn

ASHI-WAZA (FOOT TECHNIQUES)

Ashibo Kake Uke	Leg Hook Block
Ashikubi Kake Uke	Ankle Hooking Block
Ashi Yubi	Toes
Chusoku	Sole of the foot
Heisoku	Instep
Hiza	Knee
Johsokutei	Ball of foot
Kakato	Foot Heel
Kasokutei	Top of foot
Soku	Feet
Sokuto	Foot Edge
Sune	Shin
Teishoku	Sole

KERI-WAZA (KICKING TECHNIQUES)

Kin Geri	Gedan Kick using Kasokutei
Mae Geri	Front Kick
Mawashi Geri	Round House Kick (Turning Kick)
Mika Zuki Geri	Crescent Kick
Tobi Geri	Jumping Kick
Tobi Nidan Geri	Double Jumping Kick

TSUKI-WAZA (PUNCHING TECHNIQUES)

atemi	A Punch
Fumikomi	Downward Stamping Kick
Gyaku Zuki	Reverse Punch
Jun Zuki	Lunge Punch
Kette Gyaku Zuki	From, for example, a right Gyaku Zuki, perform a right Mae Geri, move back your kicking leg and go forward with your right foot, then perform a left Gyaku Zuki
Kette Jun Zuki	From, for example, a left Jun Zuki stance, perform a right Mae Geri, move back your kicking leg and go forward with your right foot, then perform a right Jun Zuki
Zu Zuki	Head Butt

UKE (BLOCKING TECHNIQUES)

Gedan Barai (Uke)	Downward Block or Lower Block (Parry)
Jodan Uke	Head Block using the <i>forearm</i> (twisting and keeping the forearm at 45° covering face)
Juji Uke	X-Block
Osae Uke	Press Block
Shoto Uke	Knife Hand Block
Tenohira Uke	Palmar Block

TE (HAND TECHNIQUES)

Empi / Hiji	Elbow
Haito	Ridge/Inner Knife Hand (Inside of hand)
Hiraken	Flat Fist
Hitosashi Ippon Ken	Fore Finger Fist
Ippon Ken	One Knuckle Fist
Ippon Nukite	One Finger Spear Hand (With index finger)
Kaisho Uchi	Open Hand Strike
Kakete	Block and hold
Kamade	Bear Hand Strike (With palm heel)
Koken	Arch Fist / Wrist
Kokum	Ox-Jaw Hand
Kuma Uchi	Bear Hand Strike
Kuri Uke	Block, hold, and pull
Nakadaka Ippon Ken	Middle Finger Fist
Nihon Nukite	Two Finger Spear Hand (Index and middle)
Nukite	Spear Hand (Using fingertips)
Otoshi Empi Uchi	Downward Elbow Block
Seiken	Two Knuckle Fist (Normal fist)
Shotei	Palm Hand
Shuto	Knife Hand (Outside of the hand)
Te no Uchi	Palm
Teisho	Palm Heel (Edge)
Te Kubi	Wrist
Tettsui	Hammer Fist (Outside edge of fist)
Ude	Forearm
Uraken	Back Fist
Yonhon Nukite	Spear Hand (With all four fingers)
Yubi	Finger

MISCELLANOUS

Ago	Jaw
Ai	Harmony
Arigato Gozaimashita	“Thank you very much”
Budo (Bu-do)	Martial-Art Way
Bunkai	Techniques and applications of a Kata
Choyaku	Jumping
Hei	Close
Dan	?
Do	Way
Ganmen	Face
Goshi	Hip
Hai	Yes
Hana	Nose
Hasami Zuki	Scissors Punch
Hasami Uke	Scissors Block
Hizagashira	Knee-Cap
Ibuki	Exhaling Strongly
Jutsu	Art
Kagami	Ducking
Kaiten	Turning (In different angles and directions)
Kamae	Posture
Kao	Face
Ken	Fist
Kihon	Basics or Fundamentals
Kin	Groin
Kohai	Junior
Kumite / Gumite	Sparring (<i>Kumit</i> = Exchange, <i>te</i> = Techniques)
Kuti	Step Back (while performing a technique)
Ma-ai	The ability to judge distances
Makiwara	Punching board
Mokuso	Close Eyes / Meditation / Meditate
Mokuso Yame	Open Eyes
Morote	Both hands simultaneously

MISCELLANOUS (Continued)

Obi	Belt
Ohyo	Application
Onegaishimasu	“Will you please ?” (“Please teach me”)
Randori	Free taking, Multiple attackers, form practice one-to-one
Renraku	Combination
Rokkotsu	Rib
Sabaki	General term for body moving or shifting
Shihai	Tournament
Shomen	Front
Suri Ashi	Sliding Step
Tai	Body
Tai Barai	Hand-Sweep (or Scissor Throw) to take an opponent’s body down (Used in Kushanku and Ohyo Gumite - Sanbonme [No. 3])
Tai Sabaki	Body Movement
Tao Shi Waza	Take-Down Techniques
Tate	Vertical
Te	Hand
Tsumasaki	Tips of Toes
Ura	Spinning
Waza	Technique
Yakusoku	Pre-arranged
Zanshin	Awareness (of one’s opponent and environment) [<i>Zan</i> = Leave, <i>shin</i> = Mind]
Zen	Front
ZenShinShite	Step forward with the back foot
Zuno	Head or brains

TACHIKATA (STANCES)

Ai Hanmi	Both opponents stand with the same foot forward. Two types of Ai Hanmi's, either left or right foot forward
Gyaku Hanmi	Two opponents, one stands with their left foot forward and the other with his/her right foot forward. Also, two types , the opposite of above
Gyaku Nekoashi Dachi Hanmi	Reverse Cat Stance Half-Front or Half-Side Viewing (Body faces opponent at a 45° angle)
Hanmi No Neko Ashi	Half-Side Viewing Cat Stance
Heisuko Dachi	Closed toe Stance
Hidari Hanmi Gemae	Left Fighting Stance
Hidari Shizentai	Left Natural Stance (<i>Hidari</i> = Left) [Left foot forward]
Jun Zuki Hidari Hanmi Gemae	With left leg forward, perform a right Gyaku Zuki then a left Jun Zuki
Jun Zuki Tsukkomi Dachi	Feet apart at right angles with body in Mahanmi Stance, and ankles in line
Kiba Dachi	Horse Stance
Kokutsu Dachi	Back Stance
Mahanmi	Side Viewing Stance
Mahanmi No Nekoashi Dachi	Side Viewing Cat Stance
Mashomen	Front Viewing Stance
Mashomen No Nekoashi Dachi	Front Viewing Cat Stance
Migi Hanmi Gemae	Right Fighting Stance
Migi Shizentai	Right Natural Stance (<i>Migi</i> = Right) [Right foot forward]
Musubi Dachi	Attention Stance (Heels together and toes 60° apart)
Neko Ashi Dachi	Cat Stance (<i>Neko</i> = Cat)
Sagi Ashi	One Leg Hanging Stance
Shiko Ashi Dachi	Straddle (or Sumo) Stance (Even stance 50% body weight on each leg)
Shizen Hontai	Normal Natural Stance (<i>Hon</i> = Main)
Shizentai	Natural Stances (<i>Shizen</i> = Natural, <i>Tai</i> = Body)
Zen Kutsu Dachi	Front-Bent Stance with lowered body (<i>Kutsu</i> = Bent) (Used in <i>Kushanku</i> Kata, to avoid an opponents attack, and in Jun Zuki [<i>No Tsukkomi</i>], Gyaku Zuki [<i>No Tsukkomi</i>])

ATTACKER / DEFENDER STANCES **FOR KUMITE (GUMITE)**

(e.g. *Attacker Left, Defender Right*)

Chudan Uke Ipponme	[No. 1]	AL DR
Chudan Uke Nihonme	[No. 2]	AL DR
Chudan Uke Sanbonme	[No. 3]	AL DR
Chudan Uke Yonhonme	[No. 4]	AL DR

(Chudan) Mae Geri Uke Ipponme	[No. 1]	AL DL
(Chudan) Mae Geri Uke Nihonme	[No. 2]	AL DR
(Chudan) Mae Geri Uke Sanbonme	[No. 3]	AL DL
(Chudan) Mae Geri Uke Yonhonme	[No. 4]	AL DL
(Chudan) Mae Geri Uke Gohonme	[No. 5]	AL DL
(Chudan) Mae Geri Uke Raponme	[No. 6]	AL DL

Jodan Uke Ipponme	[No. 1]	AL DL
Jodan Uke Nihonme	[No. 2]	AL DR
Jodan Uke Sanbonme	[No. 3]	AL DR
Jodan Uke Yonhonme	[No. 4]	AL DR

Ohyo Gumite Ipponme	[No. 1]	AL DL
Ohyo Gumite Nihonme	[No. 2]	AR DL
Ohyo Gumite Sanbonme	[No. 3]	AL DR
Ohyo Gumite Yonhonme	[No. 4]	AR DR
Ohyo Gumite Gohonme	[No. 5]	AL DL
Ohyo Gumite Raponme	[No. 6]	AL DL
Ohyo Gumite Nanahonme	[No. 7]	AL DL
Ohyo Gumite Hachihonme	[No. 8]	AL DR

Kihon Kumite Ipponme	[No. 1]	AR DR
Kihon Kumite Nihonme	[No. 2]	AR DR
Kihon Kumite Sanbonme	[No. 3]	AR DR
Kihon Kumite Yonhonme	[No. 4]	AL DR
Kihon Kumite Gohonme	[No. 5]	AL DR
Kihon Kumite Raponme	[No. 6]	AL DR
Kihon Kumite Nanahonme	[No. 7]	AL DR
Kihon Kumite Hachihonme	[No. 8]	AR DR
Kihon Kumite Kyuhonme	[No. 9]	AR DR
Kihon Kumite Jipponme	[No. 10]	AR DR

1st, 2nd, 3rd, etc

Ipponme	1 st
Nihonme	2 nd
Sanbonme	3 rd
Yonhonme	4 th
Gohonme	5 th
Raponme	6 th
Nanahonme	7 th
Hachihonme	8 th
Kyuhonme	9 th
Jipponme	10 th

Numeric, Dan Grades, and Kata

Shodan	1	(Pinan Kata)
Nidan	2	(Pinan Kata)
Sandan	3	(Pinan Kata)
Yondan	4	(Pinan Kata)
Godan	5	(Pinan Kata)
Rokudan	6	
Shichidan	7	
Hachidan	8	
Kudan	9	
Judan	10	

The Two “Bibles” Of Wado Ryu Karate

Title:	<i>Introduction To Karate</i>
Author:	Shingo Ohgami
ISBN:	91-9702-31-16
Price:	Around £20

Title:	<i>Karate Katas Of Wado Ryu</i>
Author:	Shingo Ohgami
ISBN:	91-9702-31-08
Price:	Around £18

Recommended Website

www.lwra.co.uk