

Norfolk Wadoryu Karate Club

ノーフォーク和道流空手クラブ



www.norfolk-karate.co.uk

Grading syllabus

Grade	Colour of belt
1st Dan	Black
2nd Dan	Black
3rd Dan	Black

1st Dan

Kihon Waza (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki - no - Tsukomi
4. Kette Gyakuzuki - no - Tsukomi
5. Nagashizuki
6. Mawashigeri Jodan
7. Sokuto Jodan
8. Ushirogeri Chudan

Renkei Waza (Combination Techniques)

1. Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan
2. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan

Ippon Kumite (One Step Blocks)

1. Jodan Uke - Ipponme & Sanbonme
2. Chudan Uke - Ipponme & Sanbonme
3. Maegeri Uke - Ipponme & Sanbonme

Ohyo Kumite (Semi Free Fighting)

Nihonme, Sanbonme & Yonhonme

Kihon Gumite

Ipponme & Nihonme

Kata (Form)

Kushanku

Seishan

Pinan Kata of the examiners choice

Ji Yu Kumite Free fighting

Black



2nd Dan

Kihon Waza (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki - no - Tsukomi
4. Kette Gyakuzuki - no - Tsukomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan

Renkei Waza (Combination Techniques)

1. Surikomi Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan
- Uraken Jodan
2. Zenshite Jodan, Chudan Zuki - Maegeri Chudan - Nagashizuki Jodan
- Gyakuzuki Chudan - Mawashigeri Chudan

Ippon Kumite (One Step Blocks)

1. Jodan Uke - Nihonme & Yonhonme
2. Chudan Uke - Nihonme & Yonhonme
3. Maegeri Uke - Nihonme & Ropponme

Ohyo Kumite (Semi Free Fighting)

Ropponme & Nanahonme

Kihon Gumite

Gohonme & Ropponme

Kata (Form)

Seishan,
Bassai
Wanshu

Ji Yu Kumite Free fighting

Black



3rd Dan

Kihon Waza (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Nagashizuki
5. Mawashigeri Jodan
6. Sokuto Jodan
7. Ushirogeri Chudan
8. Tobigeri Jodan

Renkei Waza (Combination Techniques)

1. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Jodan
2. Sune-Geri, Mawashigeri Jodan - Ushirogeri Chudan - Gyakuzuki Chudan

Ippon Kumite (One Step Blocks)

1. Jodan Uke - Nihonme & Sanbonme
2. Chudan Uke - Nihonme & Yonhonme
3. Maegeri Uke - Gohonme & Ropponme

Ohyo Kumite (Semi Free Fighting)

Nanahonme & Happonme

Kihon Gumite

Happonme & Kyuhonme

Kata (Form)

Bassai
Wanshu
Niseishi

Ji Yu Kumite Free fighting

Black



Notes

A Brief History

Wadoryu karate differs from other forms of karate in that it emphasises body movements to evade strikes, with blocking being a secondary defence only. It also incorporates throws and arm locks normally found in Ju Jitsu.

Wadoryu (meaning "Way of Peace") karate was founded by Grandmaster Hironori Ohtsuka (born 1892, died 1982). Hironori Ohtsuka was already a master in Ju Jitsu and Shindo Yoshin Ryu, when master Gichin Funakoshi (founder of Shotokan) introduced karate into Japan. Master Ohtsuka commenced studying karate in 1922 and by 1928, he was assistant instructor to Funakoshi.



Hironori Ohtsuka

In 1931 master Ohtsuka founded the Wadoryu style of karate combining all of the above styles. He was the first non Okinawan (being Japanese) to make a style of karate in the form of Japanese budo, thus making it a true Japanese martial art. Master Ohtsuka also received the Shiju Hooshu medal for his outstanding contributions to sport from the government of Japan.



Tatsuo Suzuki

In 1963 a three-man team left Japan to spread Wadoryu to America and Europe. The team was composed of Mr. Arakawa, Mr Takashima and Mr. T. Suzuki. The impressions they left upon America and Europe were tremendous, Wadoryu Karate became recognised worldwide.

In 1975 Master Suzuki (born 1928) was awarded the highest Japanese martial arts title of Hanshi by the emperor Higashikuni.

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