

International Wado Federation Norge (IWFN)

Arhusvegen 1C • 5310 Hauglandshella • Telefon: +47 56143030 • Mobil: +47 90600986
E-post: kjartan.stornes@me.com • web: www.iwfn.no



国際
和道
連盟
ノル
ウ
エ

Dan syllabus 2019-2020

Time in grade requirements are:

SHODAN: Regular practice as 1st Kyu minimum 9 months
NIDAN: Regular practice as Shodan minimum 18 months
SANDAN: Regular practice as Sandan minimum 3 / or black belt minimum 6 years
YONDAN: Regular practice as Yondan minimum 4 / or black belt minimum 10 years

KIHON TSUKI, KERI (all grades):

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

RENRAKU WAZA (all grades):

1st - HIDARI HANMI GAMMAE:

EVADE MIGI/HIDARI, USHIRO ASHI STEP FORWARD, MIGI URAKEN - MIGI SURIKOMI SOKUTO CHUDAN - STEP BACK JODAN
NAGASHI UKE (both hands) - MIGI CHUDAN HIZA TEN KAO GERI - HIDARI MAKIKOMI JODAN HIJI UCHI.

2nd -HIDARI HANMI GAMMAE:

HIDARI CHUDAN and JODAN RENZUKI - MIGI GYAKUZUKI CHUDAN - HIDARI SURI KOMI MAEGERI CHUDAN - HIDARI
NAGASHI ZUKI JODAN - MIGI SPINING ASHI BARAI - MIGI MAWASHIGERI JODAN (at once) - HIDARI MAEGERI
GEDAN/MAWASHIGERI JODAN (RENGERI: same foot) - MIGI GYAKAZUKI CHUDAN.

3rd - HIDARI HANMI GAMMAE:

HIDARI SHOOTEI JODAN NAGASHI UKE / HIDARI JODAN URAKEN (at once) - SONOBADE MAWATTE URAKEN CHUDAN -
GYAKU URAKEN JODAN RENZOKU WAZA - HIDARI SIDE-STEP BACKWARDS, MIGI HAND JODAN COVER (for jodan mawashi
geri) - HIDARI MAWASHIGERI JODAN - HIDARI ASHI BARAI (at once) - MIGI GYAKAZUKI CHUDAN.

SANBON GUMITE

Jodan uke (Soto, Uchi , 1, 2, 3, 4) Maegeri Uke (1,2,3,4,5,6)

OHYO, KIHON TANTO:

	<u>Ohyo Gumite</u>	<u>Kihon Gumite</u>	<u>Tanto Dori</u>
SHODAN:	2+7	2+4	none
NIDAN:	4+7	5+7	1+6
SANDAN	3+5	3+9	4+9
YONDAN	6+8	6+8	2+5

KATA:

SHODAN: Kushanku, Pinan chosen on the day
NIDAN: Wanshu, Chinto , Pinan chosen on the day
SANDAN: Bassai , Nai-Hanchi, Pinan chosen on the day

YONDAN: Ni Sei Shi+ one advanced kata + Pinan chosen on the day

JYU KUMITE