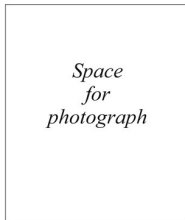


INTERNATIONAL  
WADO RYU  
ASSOCIATION



LICENCE / GRADING  
RECORD &  
SYLLABUS BOOK





Name: .....

Address:.....

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.....

.....

Club:.....

Telephone:

Home:.....

Work:.....

Mobile: .....

E-mail: .....

# **THE ASSOCIATION AND REGISTER OF SELF PROTECTION INSTRUCTORS**

The Association and Register of Wado Ryu Instructors will contain those people who have satisfied the Assessment Panel that they are experienced in all aspects of the theory and practice of Self Protection.

“I promise to uphold the true spirit of karate do and never use the skills that I am taught against any persons, except for the defence of myself, family or friends in the instance of extreme danger. Practice, patience and discipline refrain from violent behaviour.”

# GRADING RECORD IN \_\_\_\_\_

The holder must make no alteration to this page.

	<b>Date</b>	<b>Signature of Examiners</b>
<b>9th KYU</b>		
<b>8th KYU</b>		
<b>7th KYU</b>		
<b>6th KYU</b>		
<b>5th KYU</b>		
<b>4th KYU</b>		
<b>3rd KYU</b>		
<b>2nd KYU</b>		
<b>1st KYU</b>		

Only authorised grading examiners may sign this page

**INTERNATIONAL WADO RYU  
ASSOCIATION  
GRADING RECORD**

	<b>Date</b>	<b>Signature of Examiners</b>
<b>1st DAN</b>		
<b>2nd DAN</b>		
<b>3rd DAN</b>		
<b>4th DAN</b>		
<b>5th DAN</b>		
<b>6th DAN</b>		
<b>7th DAN</b>		
<b>8th DAN</b>		
<b>9th DAN</b>		
<b>10th DAN</b>		

**Only authorised grading examiners may sign this page**

**INTERNATIONAL WADO RYU  
COMPETITION / EVENTS  
ENTERED**

<b>Date</b>	<b>Name of Event</b>	<b>Kata Kumite or Team</b>	<b>Category Grade Position</b>

**INTERNATIONAL WADO RYU  
COMPETITION / EVENTS  
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COMPETITION / EVENTS  
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**INTERNATIONAL WADO RYU  
COMPETITION / EVENTS  
ENTERED**

<b>Date</b>	<b>Name of Event</b>	<b>Kata Kumite or Team</b>	<b>Category Grade Position</b>

## SELF DEFENCE COURSES ATTENDED

<b>Date</b>	<b>Subject</b>	<b>Venue</b>	<b>Instructor</b>

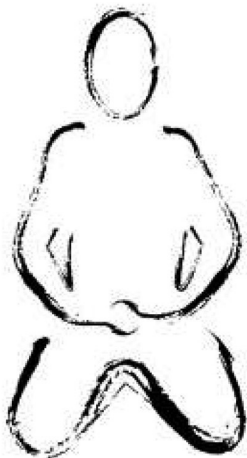
## **COURSES ATTENDED**

<b>Date</b>	<b>Subject</b>	<b>Venue</b>	<b>Instructor</b>



## INTERNATIONAL COURSES ATTENDED

	<b>Date</b>
BEGINNER	
INTERMEDIATE	
ADVANCED	



## **Su Ha Ri**

**SU HA RI** is a saying in the Martial Arts, it is not clear where or when it originated.

**SU** means to obey, observe, follow, etc. Therefore the teaching of Predecessors should be followed faithfully (Technical & Spiritual).

**HA** means to “break”. After mastering these teachings thoroughly, develop them even further.

**RI** means to separate from, part from, etc. Create new superior things quite apart

from the two previous stages “SU” & “HA”.

The doctrine is not only applicable to Martial Arts but to all arts.

“**SU HA RI**” does not mean obeying blindly, breaking away for personal gains, or creating things for the sake of it just to please yourself or your students.

Loyalty is one of the most important aspects of Martial Arts.

## **Dojo Rules**

- 1) On entering and exiting the dojo face the middle of the dojo and bow. This is to indicate your respect for the training area (dojo).
- 2) Lateness: If you arrive late enter the Dojo, kneel in seiza position and wait for the INSTRUCTOR to give you permission to enter.
- 3) Once in the class you must ask permission to leave the Dojo for whatever reason.
- 4) In the interest of safety finger/toe nails must be short.
- 5) No alcohol, chewing gum or food to be consumed in the Dojo.
- 6) No jewellery, watches or earrings to be worn in the interest of safety.
- 7) Out of respect INSTRUCTORS should be referred to as "Sensei" and ASSISTANT INSTRUCTORS as "Sempai".
- 8) No foul or inappropriate language in the Dojo.
- 9) Students behaviour and appearance is a reflection on the club/school.
- 10) Correct gi and obi to be worn in the Dojo.
- 11) No sparring unless supervised by a senior INSTRUCTOR.
- 12) 100% effort and dedication must be given at all times.

## 9<sup>th</sup> Kyu (Red Belt)

The student will be expected to perform the following:

### **Kihon tsuke-keri (Basic technique)**

- 1) Hidari gamae (Left posture)
- 2) Tobikomi zuki (Snap punch)
- 3) Gyaku zuki (Reverse punch)
- 4) Mae gari (Front kick)
- 5) Gedan barai (Lower block)
- 6) Jodan Uke (Head block)

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Kyu	Nine
Ju	Ten

## 8<sup>th</sup> Kyu (Yellow Belt)

The student will be expected to perform the following:

### **Kihon tsuke-keri (Basic technique)**

- 1) Jun zuki
- 2) Gyaku zuki
- 3) Tobikomi zuki
- 4) Mae geri
- 5) Surikumi mae geri
- 6) Mawashi geri
- 7) Sokuto geri chudan

### **Renraku waza (Combination techniques)**

- 1) Mae geri, tobikomi zuki
- 2) Surikomi mae geri, tobikomi zuki
- 3) Mae geri, gyaku zuki
- 4) Surikomi mae geri, gyaku zuki

### **Uke (Blocks)**

- 1) Chudan uke ipponme
- 2) Chudan uke nihonme

### **Kata (Form)**

Pinan Nidan

## 7<sup>th</sup> Kyu (Orange Belt)

The student will be expected to perform the following:

### **Kihon tsuke-keri (Basic techniques)**

- 1) Jun zuki
- 2) Gyaku zuki
- 3) Jun zuki no tsukkomi
- 4) Mae geri chudan
- 5) Mawashi geri
- 6) Sokuto geri chudan

### **Renraku waza (Combination techniques)**

- 1) Mae geri, mawashi geri, gyaku zuki
- 2) Surikomi mae geri, mawashi geri, gyaku zuki

### **Uke (Blocks)**

- 1) Chudan uke sanbonme
- 2) Chudan uke yohonme

### **Kata (Form)**

- 1) Pinan Nidan
- 2) Pinan Shodan

## 6<sup>th</sup> Kyu (Green Belt)

The student will be expected to perform the following:

### **Kihon tsuke-keri (Basic techniques)**

- 1) Kette jun zuki
- 2) Kette gyaku zuki
- 3) Tobikomi zuki
- 4) Uraken
- 5) Mae geri
- 6) Mawashi geri
- 7) Sokuto fumikomi
- 8) Ushishiro geri

### **Renraku waza (Combination techniques)**

- 1) Mae geri, sokuto fumikomi, hiza, gyaku zuki
- 2) Surikomi mae geri, sokuto chudan, gyaku zuki chudan
- 3) Mae geri, mawashi geri (same leg), gyaku zuki

### **Uke (Blocks)**

- 1) Chudan uke: Ipponme
- 2) Jodan uke: Nihonme
- 3) Mae geri uke: Sanbonme yohonme

### **Kata (Form)**

- 1) Pinan Shodan

### **Jiyu-kumite**

## 5<sup>th</sup> Kyu (Blue Belt)

The student will be expected to perform the following:

### **Kihon tsuke-keri (Basic techniques)**

- 1) Kette jun zuki
- 2) Kette gyaku zuki
- 3) Kette jun zuki no tsukkomi
- 4) Nagashi zuki
- 5) Mae geri
- 6) Ushiro geri
- 7) Sokuto geri chudan
- 8) Nidan geri jodan

### **Renraku waza (Combination techniques)**

- 1) Mawashi geri, ushiro geri, uraken, gyaku zuki
- 2) Surikomi sokuto, ushiro geri, uraken, gyaku zuki
- 3) Mawashi geri, sokuto (same leg), gyaku zuki

### **Uke (Blocks)**

- 1) Chudan uke: Ipponme - Yohonme
- 2) Jodan uke: Ipponme - Yohonme
- 3) Mae geri uke: Ipponme - Yohonme

### **Kata (Form)**

- 1) Pinan Sandan
- 2) Pinan Yondan

### **Jiyu-kumite**



## 4<sup>th</sup> Kyu (Purple Belt)

The student will be expected to perform the following:

### **Kihon tsuke-keri (Basic techniques)**

- 1) Kette jun zuki
- 2) Kette gyaku zuki
- 3) Kette jun zuki no tsukkomi
- 4) Nagashi zuki
- 5) Mae geri
- 6) Ushiro geri
- 7) Sokuto geri chudan
- 8) Nidan geri jodan

### **Renraku waza (Combination techniques)**

- 1) Mawashi geri, nagashi zuki, gyaku zuki
- 2) Surikomi mae geri, nagashi zuki, gyaku zuki
- 3) Mae geri, sokuto, ushiro geri, gyaku zuki

### **Uke (Blocks)**

- |                  |                    |
|------------------|--------------------|
| 1) Chudan uke:   | Ipponme - Yohonme  |
| 2) Jodan uke:    | Ipponme - Yohonme  |
| 3) Mae geri uke: | Ipponme - Ropponme |

### **Kata (Form)**

- 1) Pinan Yodan
- 2) Pinan Godan

### **Jiyu-kumite**

## 3<sup>rd</sup> Kyu (Brown Belt)

The student will be expected to perform the following:

### **Kihon tsuke-keri (Basic techniques)**

- |                               |                       |
|-------------------------------|-----------------------|
| 1) Kette jun zuki             | 6) Ushiro geri        |
| 2) Kette gyaku zuki           | 7) Sokuto geri chudan |
| 3) Kette jun zuki no tsukkomi | 8) Nidan geri jodan   |
| 4) Nagashi zuki               | 9) Ura mawashi geri   |
| 5) Mae geri                   |                       |

### **Renraku waza (Combination techniques)**

- 1) Mae geri, mawashi geri, ushiro geri, uraken, gyaku zuki
- 2) Surikomi mae geri, mawashi geri nihonme, uraken, gyaku zuki
- 3) Mae geri, mawashi geri, ushiro mawashi geri, uraken, gyaku zuki

### **Uke (Blocks)**

- |                      |                    |
|----------------------|--------------------|
| 1) Chudan uke:       | Ipponme - Yohonme  |
| 2) Jodan uke:        | Ipponme - Yohonme  |
| 3) Mae geri uke:     | Ipponme - Ropponme |
| 4) Mawashi geri uke: | Ipponme - Nihonme  |

### **Kata (Form)**

- |             |              |
|-------------|--------------|
| 1) Kushanku | 2) Naihanchi |
|-------------|--------------|

### **Ohyo kumite**

- |            |            |
|------------|------------|
| 1) Ipponme | 2) Nihonme |
|------------|------------|

### **Kihon kumite**

- |             |            |
|-------------|------------|
| 1) Sanbonme | 2) Yohonme |
|-------------|------------|

### **Jiyu-kumite**

### **Meditation**

## 2<sup>nd</sup> Kyu (Brown Belt)

The student will be expected to perform the following:

### **Kihon tsuke-keri (Basic techniques)**

- 1) Kette jun zuki
- 2) Kette gyaku zuki
- 3) Kette jun zuki no tsukkomi
- 4) Nagashi zuki
- 5) Mae geri
- 6) Ushiro geri
- 7) Sokuto geri chudan
- 8) Ura mawashi geri
- 9) Ushiro mawashi geri

### **Renraku waza (Combination techniques)**

- 1) Tobikomi zuki, gaku zuki, surikomi mawashi geri
- 2) Surikomi mae geri, mawashi geri nihonme
- 3) Mae geri, mawashi geri, ushiro mawashi geri, uraken, gyaku zuki

### **Uke (Blocks)**

- 1) Chudan uke: Ipponme - Yohonme
- 2) Jodan uke: Ipponme - Yohonme
- 3) Mae geri uke: Ipponme - Ropponme
- 4) Mawashi geri uke: Ipponme - Yohonme

### **Kata (Form)**

- 1) Kushanku
- 2) Naihanchi

### **Ohyo kumite**

- 1) Sanbonme
- 2) Yohonme

### **Kihon kumite**

- 1) Sanbonme
- 2) Yohonme

### **Jiyu-kumite**

### **Meditation**

# 1<sup>st</sup> Kyu (Brown Belt)

The student will be expected to perform the following:

## **Kihon tsuki-keri (Basic technique)**

- |                               |                         |
|-------------------------------|-------------------------|
| 1) Kette jun zuki             | 6) Ushiro geri          |
| 2) Kette gyaku zuki           | 7) Sokuto geri jodan    |
| 3) Kette jun zuki no tsukkomi | 8) Nidan geri jodan     |
| 4) Nagashi zuki               | 9) Ura mawashi geri     |
| 5) Mae geri                   | 10) Ushiro mawashi geri |

## **Renraku waza (Combination techniques)**

- 1) Surikomi mae geri, mawashi geri nihonme, uraken, gyaku zuki
- 2) Mae geri, mawashi geri, ushiro mawashi geri, uraken, gyaku zuki
- 3) Mae geri, mawashi geri, ushiro mawashi geri, uraken gyaku zuki, ashi barai gyaku zuki

## **Uke (Blocks)**

- |                      |                    |
|----------------------|--------------------|
| 1) Chudan uke:       | Ipponme - Yohonme  |
| 2) Jodan uke:        | Ipponme - Yohonme  |
| 3) Mae geri uke:     | Ipponme - Ropponme |
| 4) Mawashi geri uke: | Ipponme - Yohonme  |

## **Kata (Form)**

- |             |           |
|-------------|-----------|
| 1) Kushanku | 2) Chinto |
|-------------|-----------|

## **Ohyo kumite**

- |            |            |
|------------|------------|
| 1) Ipponme | 2) Nihonme |
|------------|------------|

## **Jiyu-kumite**

## **Meditation**

## 1st Dan (Black Belt)

### Kihon tsuke-keri (Basic techniques)

- |                               |                        |
|-------------------------------|------------------------|
| 1) Kette jun zuki             | 6) Ushiro geri         |
| 2) Kette gyaku zuki           | 7) Sokuto geri chudan  |
| 3) Kette jun zuki no tsukkomi | 8) Ura mawashi geri    |
| 4) Nagashi zuki               | 9) Ushiro mawashi geri |
| 5) Mae geri                   | 10) Kakoto geri        |

### Renraku waza (Combination techniques)

- 1) Tobikomi zuku, gyaku zuki, surikomi mawashi geri jodan, gyaku zuki
- 2) Tobikomi zuku, gyaku zuki, surikomi mawashi geri, ushiro geri, uraken, gyaku zuki.
- 3) Tobikomi zuki, gyaku zuki, surikomi mawashi geri, ushiro mawashi geri, uraken, gyaku zuki, ashi barai, gyaku zuki.

### Uke (blocks)

- |                      |                    |
|----------------------|--------------------|
| 1) Chudan uke:       | Ipponme - Yohonme  |
| 2) Jodan uke:        | Ipponme - Yohonme  |
| 3) Mae geri uke:     | Ipponme - Ropponme |
| 4) Mawashi geri uke: | Ipponme - Ropponme |

### Kata (form)

- |             |           |           |
|-------------|-----------|-----------|
| 1) Kushanku | 2) Chinto | 3) Bassai |
|-------------|-----------|-----------|

**Ohyo kumite:** Ipponme - Ropponme

**Kihon kumite:** Ipponme - Ropponme

**Jiyu-kumite:** 30 minutes

### Meditation

## Dachi stances (Tachikata)

Musubi dachi	Attention stance
Heiko dachi	Parallel stance
Zenkutsu dachi	Forward stance
No Tsukkomi dachi	Forward leaning stance
Kiba dachi	Horse stance
Shiko dachi	Sumo stance
Mashoman no nekoashi dachi	Forward facing cat stance
Mahanmi no nekoashi dachi	Half turned cat stance
Gyaku nekoashi dachi	Reverse cat stance
Kokutsu dachi	Back leaning stance
Hachiji dachi	Natural stance

# NOTES

# NOTES



# NOTES

# NOTES



