

ALL INDIA WADOKAI KARATE DO ASSOCIATION

SYLLABUS

KYU /BELT	SONABA KIHON	IDOU KIHON/WADO KIHON	KATA	KIHON KUMITE	JIU KUMITE
9 <sup>TH</sup> KYU WHITE	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b> 5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.MAE GERI 10.MAWASHI GERI	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI I 2.JODAN TSUKI 3.GYAKU TSUKI 4.JODAN UKE 5.UCHI UKE 6.SOTO UKE 7.GEDAN UKE <b>MOTO DACHI:GERI</b> 8.MAE GERI 9.MAWASHI GERI 10.ASHI BARAI	KIHON 1	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GYAKU TSUKI 4.MAE GERI 5.MAWASHI GERI	NO
8 <sup>TH</sup> KYU YELLOW	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b> 5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.MAE GERI 10.MAWASHI GERI	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI I 2.JODAN TSUKI 3.GYAKU TSUKI 4.JODAN UKE 5.UCHI UKE 6.SOTO UKE 7.GEDAN UKE 8.SHEEKO DACHI NIKUTEE <b>MOTO DACHI:GERI</b> 9.MAE GERI 10.MAWASHI GERI	KIHON 2	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GYAKU TSUKI 4.MAE GERI 5.MAWASHI GERI	FREE FIGHT
7 <sup>TH</sup> KYU ORANGE	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b> 5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.MAE GERI 10.MAWASHI GERI	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI I 2.JODAN TSUKI 3.GYAKU TSUKI 4. <b>MAHANMI</b> <b>NEKOASHI DACHI</b> TETSUI UCHI 5.MAHANMI NEKOASHI DACHI JODAN SHUTO UKE 6. MAHANMI NEKOASHI DACHI MOROTE UKE. 7.SHEEKO DACHI NIKUTE 8.SHOMEN NEKO ASHI	PINAN SHODAN	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GYAKU TSUKI 4.MAE GERI 5.MAWASHI GERI	FREE FIGHT

		DACHI OTOSHI UKE <b>MOTO DACHI</b> 9.MAE GERI 10.MAWASHI GERI			
6 <sup>TH</sup> KYU GREEN	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b> 5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.SOKUTO GERI 10.MAWASHI GERI	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI I 2.JODAN TSUKI 3.GYAKU TSUKI 4. <b>MAHANMI</b> <b>NEKOASHI DACHI</b> TETSUI UCHI 5.MAHANMI NEKOASHI DACHI JODAN SHUTO UKE 6. MAHANMI NEKOASHI DACHI MOROTE UKE. 7.SHEEKO DACHI NIKUTE 8.SHOMEN NEKO ASHI DACHI OTOSHI UKE <b>MOTO DACHI</b> 9.MAE GERI 10.MAWASHI GERI	PINAN NIDAN	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GYAKU TSUKI 4.MAE GERI 5.MAWASHI GERI	FREE FIGHT
5 <sup>TH</sup> KYU BLUE	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b> 5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.SOKUTO GERI 10.MAWASHI GERI	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI I 2.JODAN TSUKI 3.GYAKU TSUKI 4.MAHANMI NEKOASHI DACHI JODAN SHUTO UKE 5. HANMI DACHI MOROTE UKE. 6. <b>ZENKETSU DACHI</b> NIKUTE 7.SHEEKO DACHI HIJIATE 8.NIHANCHI DACH KAGI TZUKI. <b>MOTO DACHI</b> 9. SOKUTO GERI 10.MAWASHI GERI	PINAN SANDAN	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GYAKU TSUKI 4.MAE GERI 5.MAWASHI GERI	FREE FIGHT
4 <sup>TH</sup> KYU PERPULE	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b>	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI I 2.JODAN TSUKI 3.GYAKU TSUKI 4. <b>MAHANMI</b> <b>NEKOASHI DACHI</b>	PINAN YONDAN	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI	FREE FIGHT

	5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.SOKUTO GERI 10.MAWASHI GERI	<b>MOROTE SHUTO UKE</b> 5.ZENKETSU DACHI JUJI UKE <b>6. ZUNZUKINO SUKKOMI DACHI MOROTE SHUTO UKE</b> 7. ZENKETSU DACHI HIJI ATE 8.USHIRO NEKO ASHI DACHI URAKEN UCHI <b>MOTO DACHI</b> <b>9. SOKUTO GERI</b> 10.MAWASHI GERI		3.GYAKU TSUKI 4.MAE GERI 5.MAWASHI GERI	
3 <sup>RD</sup> KYU BROWN	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b> 5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.URAMAWASHI GERI 10.MAWASHI GERI	<b>ZENKETSU DACHI</b> 1.CHUDAN TSUKI I 2.JODAN TSUKI 3.GYAKU TSUKI 4. <b>KOKOTSU DACHI MOROTE UKE</b> 5.ZENKETSU DACHI JUJI UKE <b>6. 6. ZUNZUKINO SUKKOMI DACHI MOROTE SHUTO UKE</b> 7. ZENKETSU DACHI HIJI ATE 8.USHIRO NEKO ASHI DACHI URAKEN UCHI <b>MOTO DACHI</b> <b>9. SOKUTO GERI</b> 10.MAWASHI GERI	PINAN GODAN	IPPON KUMITE	FREE FIGHT
2 <sup>ND</sup> KYU BROWN	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b> 5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.URAMAWASHI GERI 10.MAWASHI GERI	1.ZENKETSU DACHI CHUDAN ZUKI 2. ZENKETSU DACHI GYAKU ZUKI 3. ZENKETSU DACHI KITTE TZUKI 4. ZENKETSU DACHI KITTE GYAKU TZUKI 5.ZUNZUKINO SUKKOMI 6GYAKU TZUKI NOSUKKOMI 7.KITTE ZUNZUKI 8.KITTE GYAKU TZUKI 9.HANMI DACHI TOBIKOMI TZUKI. 10.NAGASHI TZUKI.	NIHANCHI	NIHON KUMITE	FREE FIGHT

1 <sup>ST</sup> KYU BROWN	<b>NIHANCHI DACHI</b> 1.CHUDAN TSUKI 2.JODAN TSUKI 3.GEDAN TSUKI 4.SANBON TSUKI <b>SHEEKO DACHI</b> 5.JODAN UKE 6.UCHI UKE 7.SOTO UKE 8.GEDAN UKE <b>MOTO DACHI:GERI</b> 9.URAMAWASHI GERI 10.MAWASHI GERI	1.ZENKETSU DACHI CHUDAN ZUKI 2. ZENKETSU DACHI GYAKU ZUKI 3. ZENKETSU DACHI KITTE TZUKI 4. ZENKETSU DACHI KITTE GYAKU TZUKI 5.ZUNZUKINO SUKKOMI 6GYAKU TZUKI NOSUKKOMI 7.KITTE ZUNZUKI 8.KITTE GYAKU TZUKI 9.HANMI DACHI TOBIKOMI TZUKI. 10.NAGASHI TZUKI.	SEISHAN	SUNBON KUMITE	FREE FIGHT
SHODAN AND ABOVE	NOT REQUIRED	1.ZENKETSU DACHI CHUDAN ZUKI 2. ZENKETSU DACHI GYAKU ZUKI 3. ZENKETSU DACHI KITTE TZUKI 4. ZENKETSU DACHI KITTE GYAKU TZUKI 5.ZUNZUKINO SUKKOMI 6GYAKU TZUKI NOSUKKOMI 7.KITTE ZUNZUKI 8.KITTE GYAKU TZUKI 9.HANMI DACHI TOBIKOMI TZUKI. 10.NAGASHI TZUKI.	SEISHAN	IPPON KUMITE  NIHON KUMITE  NIHON KUMITE	FREE FIGHT