

MACHI ENDO KARATE CLUB



GRADING SYLLABUS WADO RYU

Dale Gamble 6th dan renshi

ALL STUDENTS MUST HAVE A VALID LICENCE TO TRAIN AND GRADE

ALL STUDENTS MUST HAVE AT LEAST 50% ATTENDANCE RECORD TO GRADE

ALL STUDENTS WISHING TO GRADE ABOVE 4TH KYU MUST HAVE REGULAR COMPETITION AND COURSE EXPERIENCE

KARATE GI MUST BE KEPT CLEAN AND TIDY

RESPECT MUST BE SHOWN TO THE DOJO AND INSTRUCTORS

4 GRADING DAYS A YEAR

8TH AND 7TH KYU GRADINGS 3 MONTHS GAP

ALL OTHER GRADINGS IS A 6 MONTHS GAP, UNLESS YOU ATTAIN A 1ST CLASS PASS AT YOUR LAST GRADING WERE YOU CAN TAKE IT AFTER 3 MONTHS

A MINIMUM OF 9 MONTHS BETWEEN 1ST KYU AND 1ST DAN

1ST DAN CAN BE TAKEN AT THE CLUB OR ASSOCIATION

1ST DAN MINIMUM AGE IS 11 YEARS OLD

2ND DAN 2 YEARS WAITING TIME AND MUST BE 18 YEARS AND ABOVE

3RD DAN 3 YEARS WAITING TIME AND MUST BE 21 YEARS AND ABOVE

4TH DAN 4 YEARS WAITING TIME...ASSOCIATION AWARDED ONLY

HIGHER KYU AND DAN GRADES ARE EXPECTED TO HAVE A INPUT INTO CLUB AND ASSOCIATION ACTIVITIES

8TH KYU : WHITE BELT BLACK TAG

OIZUKI - Lunge Punch

GYAKUZUKI - Reverse Punch

MAEGERI - Front Kick

MAWASHIGERI - Roundhouse Kick

SOKUTOGERI HIZA - Stamp Kick to the Knee

RENRAKU - Combinations

MAEGERI TOBIKOMIZUKI - Front Kick, Snap Punch

MAEGERI GYAKUZUKI - Front Kick, Reverse Punch

KATAS

TAKIYOKO SHODAN

TAKYOKO NIDAN

7TH KYU - YELLOW BELT

KETTE OIZUKI

KETTE GYAKUZUKI

JUNZUKI NO TSUKKOMI

GYAKUZUKI NO TSUKKOMI

MAEGERI - [CHUDAN]

MAWASHIGERI - [CHUDAN]

SOKUTOGERI - [CHUDAN]

RENRAKU

MAEGERI – SOKUTOGERI – GYAKUZUKI

MAEGERI – SOKUTOGERI – MAWASHIGERI

KATAS

TAIKYOKO SANDAN

PINAN NIDAN

Kata Terminology

PINAN NIDAN - Peaceful mind, 2nd level

MAHAMMI NO NEKOASHIDACHI – full side Cat Stance

TETSUI UKE – Hammer fist Block

SHIKO DACHI – Square stance

SHION NUKITE – spearhand strike

BUNKAI -Application – first tetsui block, gedan bari release, turn on nukite, striking point

6TH KYU - ORANGE BELT

KETTE OIZUKI

KETTE GYAKUZUKI

KETTE JUNZUKI NO TSUKKOMI

KETTE GYAKUZUKI NO TSUKKOMI

MAEGERI - [CHEST]

MAWASHIGERI - [CHEST]

SOKUTOGERI - [CHEST]

USHRIOGERI – [CHUDAN]

SHUTO UKE

RENRAKU

SURIKOMI MAEGERI , GYAKUZUKI [JODAN]

SURIKOMI MAWASHIGERI , GYAKUZUKI [CHUDAN]

SURIKOMI SOKUTOGERI , URAKEN , GYAKUZUKI

3 SELF DEFENCE MOVES

KUMITE_- [FREE FIGHTING]

KATA

PINAN SHODAN

Kata terminology

HACHIJI DACHI formal yoi stance

TETSUI UCHI – hammerfist strike

TATE SHION NUKITE – scooping block

SUIKUI UKE – scooping block

MOROTO UKE – double forearm block

BUNKAI -Application – first 3 moves, scooping block, double forearm block

5TH KYU - GREEN BELT

KETTE OIZUKI

KETTE GYAKUZUKI

KETTE JUNZUKI NO TSUKKOMI

KETTE GYAKUZUKI NO TSUKKOMI

MAEGERI - [CHEST]

MAWASHIGERI - [CHEST]

SOKUTOGERI - [CHEST]

USHRIOGERI – [CHEST]

SHUTO UKE

NIDAN GERI – [CHEST]

RENRAKU

MAEGERI, SOKUTOGERI, SURIKOMI MAWASHIGERI, GYAKUZUKI[CHUDAN]

SURIKOMI MAWASHIGERI, GYAKUZUKI [CHUDAN], back one step into fighting stance

5 DEFENCE MOVES

KUMITE – FREE FIGHTING

KATA

PINAN SANDAN

Kata terminology

KOSA UKE – crossing block

MUSUBI DACHI – open toe stance

EMPI UKE – elbow block

USHRIO ZUKI – backwards punch

YOKO YORI ASHI – sideways shuffle stance

BUNKAI -Application – crossing block, nukite release, elbow block, shuffle and strike

4TH KYU - BLUE BELT

KETTE OIZUKI

KETTE GYAKUZUKI

KETTE JUNZUKI NO TSUKKOMI

KETTE GYAKUZUKI NO TSUKKOMI

MAEGERI - [JODAN]

MAWASHIGERI - [JODAN]

SOKUTOGERI - [JODAN]

USHRIOGERI – [CHEST]

SHUTO UKE

NIDAN GERI – [JODAN]

SANZUKI – jodan, chudan, jodan

TOBIKOMIZUKI – [RENOJI DACHI]

NAGASHIZUKI – [RENOJI DACHI]

URAKEN UCHI

TEISHO UCHI

SHUTO UCHI

RENRAKU

MAEGERI, SOKUTOGERI, USHIROGERI, GYAKUZUKI

SOKUTOGERI, USHRIOGERI, TOBIKOMIZUKI, GYAKUZUKI

MAEGERI – [CHUDAN], MAWASHIGERI – [JODAN]..same leg

7 DEFENCE MOVES

KUMITE – FREE FIGHTING

KATAS

PINAN YODAN

PINAN GODAN

4TH KYU – BLUE BELT [CONT]

Kata terminology

PINAN YODAN – peaceful mind 4th level

HAISHO BARI – back hand block

GYAKU NEKO ASHI DACHI – reverse cat stance

HORAN GAMAE – egg carrying posture

TEISHO BARI – palm heel block URAKEN UCHI – back fist strike

KAKE WAKI UKE – wedge block HIZA GERI – knee kick

KOKUTSU DACHI – back cat stance

BUNKAI -Application – first blocks, egg posture, empi, teisho-kick-strike, wedge block, last 2 moves

PINAN GODAN – peaceful mind 5th level

MASHOMEN NO NEKOASHIDACHI – front viewing cat stance

JUJI UKE JODAN – upper cross block

MAE EMPI UKE – forward elbow strike

OSA UKE – press block NAGASHI UKE – flowing punch

TOBI GOSHI – jumping over KOSA DACHI – crossed leg stance

MANJI UKE – lower and upper block

BUNKAI -Application – block and punch, x block, elbow dip and strike, jumping over

3rd KYU - PURPLE BELT

KETTE OIZUKI

KETTE GYAKUZUKI

KETTE JUNZUKI NO TSUKKOMI

KETTE GYAKUZUKI NO TSUKKOMI

MAEGERI - [JODAN]

MAWASHIGERI - [JODAN]

SOKUTOGERI - [JODAN]

USHRIOGERI – [JODAN]

SHUTO UKE

NIDAN GERI – [JODAN]

SANZUKI – jodan, chudan, jodan

TOBIKOMIZUKI – [RENOJI DACHI]

NAGASHIZUKI – [RENOJI DACHI]

URAKEN UCHI

TEISHO UCHI

SHUTO UCHI

MIKAZUKIGERI [CHEST]

UCHI USHIROGERI [CHEST]

USHIRO MAWASHIGERI [CHEST]

YAMAZUKI

RENRAKU

TOBIKOMIZUKI, GYAUZUKI, MAEGAERI, NAGASHIZUKI, MAWASHIGERI

3RD KYU [CONT]

9 DEFENCE MOVES

KUMITE – FREE FIGHTING

9 KNIFE DEFENCES

PRACTICAL JUDGES GESTURES

KATA

KU-SHANKU

Kata terminology

KU-SHANKU – name of Chinese soldier who invented the kata

SHIN NO I – hand starting position

CHOKZUKI – forward punch standing punch

PEACE OVER THE AGGRESOR – hand over fist

USHIRO YORI ASHI – backward shuffle stance

BUNKAI - Application – first moves and timing, block and pull or strike to the groin, shuto strike and twist away, leg block and strike, last move of down and up

2nd KYU - BROWN BELT

KETTE OIZUKI

KETTE GYAKUZUKI

KETTE JUNZUKI NO TSUKKOMI

KETTE GYAKUZUKI NO TSUKKOMI

MAEGERI - [JODAN]

MAWASHIGERI - [JODAN]

SOKUTOGERI - [JODAN]

USHRIOGERI – [JODAN]

SHUTO UKE

NIDAN GERI – [JODAN]

SANZUKI – jodan, chudan, jodan

TOBIKOMIZUKI – [RENOJI DACHI]

NAGASHIZUKI – [RENOJI DACHI]

URAKEN UCHI

TEISHO UCHI

SHUTO UCHI

MIKAZUKIGERI

UCHI USHIROGERI

USHIRO MAWASHIGERI

KETTE YAMAZUKI

MAE EMPI

TATE EMPI

2nd kyu [cont]

OTOSHI EMPI

USHIRO EMPI

RENRAKU

SOKUTOGERI –[HIZA], SOKUTOGERI – [CHUDAN] – UCHI USHIRO GERI -
[CHEST] all same leg – GYAKUZUKI[CHUDAN]

11 DEFENCE MOVES

KUMITE – FREE FIGHTING

11 KNIFE DEFENCES

REFEREES WRITTEN EXAM

KATA

NAIFANCHI

Kata terminology

ENZEN NO METSUKE – looking movement

KAGI UKE – hooking block

YOKO EMPI UCHI – sideways punch

KAGI ZUKI – sideways punch

SURI ASHI – gliding movement

CHIDORI ASHI – pull over step

NAMIGAESHI – lifting leg

BUNKAI - Application – first 5 movements, lifting leg, grab and elbow strike,
lateral movement, stance

1st KYU - BROWN BELT gold tag

KETTE OIZUKI

KETTE GYAKUZUKI

KETTE JUNZUKI NO TSUKKOMI

KETTE GYAKUZUKI NO TSUKKOMI

MAEGERI - [JODAN]

MAWASHIGERI - [JODAN]

SOKUTOGERI - [JODAN]

USHRIOGERI – [JODAN]

SHUTO UKE

NIDAN GERI – [JODAN]

KETTE SANZUKI – jodan, chudan, jodan

TOBIKOMIZUKI – [RENOJI DACHI]

NAGASHIZUKI – [RENOJI DACHI]

URAKEN UCHI

TEISHO UCHI

SHUTO UCHI

MIKAZUKIGERI

UCHI USHIROGERI

USHIRO MAWASHIGERI

KETTE YAMAZUKI

MAE EMPI

TATE EMPI

1st kyu [cont]

OTOSHI EMPI

USHIRO EMPI

MAWASHI EMPI

TETSUI UCHI

JUJI UKE – JODAN , CHUDAN

15 DEFENCE MOVES

KUMITE – FREE FIGHTING

15 KNIFE DEFENCES

REFEREES PRACTICAL GESTURES

KATA

CHINTO

Kata terminology

CHINTO – fighting towards the east

TEISHO / HEISHO – palm hand / back hand block

JUJI UKE – x block

GEDAN SHOUTO BARI UKE – lower knife hand block

TATE YAMA SHUTO UCHI – double knife hand strike

KIRI YAMA – crossing arms

SAGIASHI DACHI –heron / crane stance

HAMI NO SHIKO DACHI –half square stance

BUNKAI - Application – first 5 moves, spin, block and lock, sagi ashi dachi, kagi uke, empi and spin

DAN GRADES – BLACK BELT

KETTE OIZUKI

KETTE GYAKUZUKI

KETTE JUNZUKI NO TSUKKOMI

KETTE GYAKUZUKI NO TSUKKOMI

MAEGERI - [JODAN]

MAWASHIGERI - [JODAN]

SOKUTOGERI - [JODAN]

USHRIOGERI – [JODAN]

SHUTO UKE

NIDAN GERI – [JODAN]

KETTE SANZUKI – jodan, chudan, jodan

TOBIKOMIZUKI – [RENOJI DACHI]

NAGASHIZUKI – [RENOJI DACHI]

URAKEN UCHI

TEISHO UCHI

SHUTO UCHI

MIKAZUKIGERI

UCHI USHIROGERI

USHIRO MAWASHIGERI

KETTE YAMAZUKI

MAE EMPI

TATE EMPI

DAN GRADE [CONT]

OTOSHI EMPI

USHIRO EMPI

MAWASHI EMPI

TETSUI UCHI

JUJI UKE – JODAN , CHUDAN

HIRAKEN UCHI

IPPON KEN UCHI

RENRAKU

MAEGERI TOBIKOMIZUKI - Front Kick, Snap Punch

MAEGERI GYAKUZUKI - Front Kick, Reverse Punch

MAEGERI – SOKUTOGERI – GYAKUZUKI

MAEGERI – SOKUTOGERI – MAWASHIGERI

SURIKOMI MAEGERI , GYAKUZUKI [JODAN]

SURIKOMI MAWASHIGERI , GYAKUZUKI [CHUDAN]

SURIKOMI SOKUTOGERI , URAKEN , GYAKUZUKI

MAEGERI, SOKUTOGERI, SURIKOMI MAWASHIGERI, GYAKUZUKI[CHUDAN]

SURIKOMI MAWASHIGERI, GYAKUZUKI [CHUDAN], back one step

MAEGERI, SOKUTOGERI, USHIROGERI, GYAKUZUKI

SOKUTOGERI, USHRIOGERI, TOBIKOMIZUKI, GYAKUZUKI

MAEGERI – [CHUDAN], MAWASHIGERI – [JODAN]..same leg

TOBIKOMIZUKI, GYAUZUKI, MAEGAERI, NAGASHIZUKI, MAWASHIGERI

SOKUTOGERI –[HIZA], SOKUTOGERI – [CHUDAN] – UCHI USHIRO GERI -
[JODAN] all same leg – GYAKUZUKI[CHUDAN]

DAN GRADES [CONT]

KATAS

1ST DAN

ALL KYU GRADE KATAS

PASSAI DAI

SEISHAN

2ND DAN

ALL KYU GRADE KATAS

PASSAI DAI

SEISHAN

WANSHU

ROHAI

3RD DAN

ALL KYU GRADE KATAS

PASSAI DAI

SEISHAN

WANSHU

ROHAI

NI SEI SHI

JITTE

JION

