

# WADO KOKUSAI SUZUKI HA, WKSH

## GRADERINGSKOMPENDIUM

### 8 KYU - RÖTT BÄLTE

#### KIHON WAZA

1. Junzuki - Mawate Jodan Uke M
2. Gyakuzuki - Mawate Gedan Barai
3. Maegeri Chudan M
4. Surikomi Maegeri Chudan
5. Sokuto Fumikomi M

#### RENRAKU WAZA

1. Maegeri Chudan – Tobikomizuki M
2. Surikomi Maegeri Chudan - Tobikomizuki
3. Maegeri Chudan - Gyakuzuki Chudan M
4. Surikomi Maegeri Chudan - Gyakuzuki Chudan

#### UKE

1. Chudan Soto Uke - Gyakuzuki Chudan M
2. Chudan Uchi Uke - Gyakuzuki Chudan

## **7 KYU – GULT BÄLTE**

### **KIHON WAZA**

1. Junzuki no Tsukomi M
2. Gyakuzuki no Tsukomi
3. Mawashigeri Chudan M

### **RENRAKU WAZA**

1. Maegeri Chudan - Mawashigeri Chudan - Gyakuzuki Chudan M
2. Surikomi Maegeri Chudan - Mawashigeri Chudan - Gyakuzuki Chudan

### **SANBONGUMITE**

1. Chudan Soto Uke M
2. Chudan Uchi Uke
3. Chudan Maegeri Uke Ipponme M
4. Chudan Maegeri Uke Nihonme

### **KATA**

1. Pinan Nidan

## **6 KYU – ORANGE BÄLTE**

### **KIHON**

1. Kette Junzuki M
2. Kette Gyakuzuki
3. Tobikomizuki M
4. Surikomi Mawashigeri Chudan
5. Surikomi Sokuto Chudan M

### **RENRAKU WAZA**

1. Maegeri Chudan -- Sokuto Fumikomi hiza -- Gyakuzuki Chudan M
2. Surikomi Maegeri Chudan -- Sokuto Chudan-- Gyakuzuki Chudan

### **SANBONGUMITE**

1. Jodan Uke Ipponme M
2. Jodan Uke Nihonme
3. Chudan Maegeri Uke Gohonme M
4. Chudan Maegeri Uke Ropponme

### **OHYOGUMITE**

1. Ipponme M

### **KATA**

1. Pinan Shodan M
2. Pinan Sandan

JI YU KUMITE

## **5 KYU – GRÖNT BÄLTE**

### **KIHON**

1. Kette Junzuki M
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi M
4. Kette Gyakuzuki no Tsukomi
5. Nagashizuki M
6. Ushirogeri Gedan
7. Sokuto Chudan M
8. Nidan Geri Jodan

### **RENRAKU WAZA**

1. Mawashigeri Chudan-- Ushirogeri Gedan--Gyakuzuki Chudan M
2. Surikomi Sokuto Fumikomi hiza -- Ushirogeri Gedan-Uraken Jodan

### **SANBONGUMITE**

1. Jodan Uke Sanbonme M
2. Jodan Uke Yonhonme
3. Chudan Maegeri Uke Sanbonme M
4. Chudan Maegeri Uke Yonhonme
5. Chudan Soto Uke M
6. Chudan Uchi Uke

### **OHYOGUMITE**

1. Nihonme M

### **KATA**

1. Pinan Sandan M
2. Pinan Yodan

### **JI YU KUMITE**

## **4 KYU – BLÅTT BÄLTE**

### **KIHON**

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

### **RENRAKU WAZA**

1. Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan M
2. Surikomi Maegeri Chudan-Nagashizuki Jodan-Mawashigeri Chudan
3. Maegeri Chudan-Sokuto Fumikomi-Ushirogeri Gedan-Gyakuzuki Chudan M

### **SANBONGUMITE**

1. Jodan Uke Ipponme M
2. Jodan Uke Sanbonme
3. Chudan Soto Uke M
4. Chudan Uchi Uke
5. Chudan Maegeri Uke Yonhonme M
6. Chudan Maegeri Uke Gohonme

### **OHYOGUMITE**

1. Sanbonme M

### **KATA**

1. Pinan Yodan
2. Pinan Godan M

### **JI YU KUMITE**

## **3 KYU – BRUNT BÄLTE**

## **KIHON**

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

## **RENRAKU WAZA**

1. Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
2. Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan
3. Surikomi Maegeri Chudan-Sokuto Fumikomi-Ushirogeri Chudan-Uraken Jodan

## **SANBONGUMITE**

1. Jodan Uke Nihonme
2. Jodan Uke Yonhonme
3. Chudan Maegeri Uke Ipponme
4. Chudan Maegeri Uke Sanbonme
5. Chudan Maegeri Uke Gohonme

## **OHYOGUMITE**

1. Ipponme
2. Nihonme
3. Yohonme

## **KIHONGUMITE**

1. Ipponme
2. Nihonme

## **KATA**

1. Kushanku

## **JI YU KUMITE**

## **2 KYU – BRUNT BÄLTE**

## **KIHON**

1. Kette Junzuki

2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Nidan Geri Jodan

### **RENRAKU WAZA**

1. Surikomi Maegeri Chudan-Nagashizuki Jodan-Mawashigeri Jodan
2. Maegeri Chudan-Sokuto Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
3. Zenshinshite Jodan-Chudan Renzuki-Surikomi Maegeri Chudan-Mawashigeri Chudan-Gyakuzuki Chudan

### **SANBONGUMITE**

1. Jodan Uke Ipponme
2. Jodan Uke Yonhonme
3. Chudan Soto Uke
4. Chudan Uchi Uke
5. Chudan Maegeri Uke Nihonme
6. Chudan Maegeri Uke Yonhonme
7. Chudan Maegeri Uke Ropponme

### **OHYOGUMITE**

1. Sanbonme
2. Yonhonme
3. Gohonme

### **KIHONGUMITE**

1. Sanbonme
2. Yonhonme

### **KATA**

1. Kushanku
2. Naihanchi

### **JI YU KUMITE**

## **1 KYU - BRUNT BÄLTE**

### **KIHON**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki

6. Surikomi Mawashigeri Jodan
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Surikomi Sokuto Jodan

### **RENRAKU WAZA**

1. Zenshinshite Jodan-Chudan Renzuki-Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
2. Surikomi Jodan-Chudan Renzuki-Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Uraken Jodan
3. Zenshinshite Jodan-Chudan Renzuki-Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan

### **SANBONGUMITE**

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Jodan Uke Sanbonme
4. Chudan Soto Uke
5. Chudan Uchi Uke
6. Chudan Maegeri Uke Ipponme
7. Chudan Maegeri Uke Yonhonme
8. Chudan Maegeri Uke Gohonme

### **OHYOGUMITE**

1. Gohonme
2. Ropponme
3. Nanahonme

### **KIHONGUMITE**

1. Ropponme
2. Nanahonme

### **KATA**

1. Seishan
2. Chinto

### **JI YU KUMITE**



## WKSH- Dan, Black Belt Grading 2015

### KIHON, TSUKI & KERI - BASIC TECHNIQUES

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

### RENRAKU WAZA - COMBINATION TECHNIQUES

Surikomi Renzuki Chudan Chudan - Zenshinshite Nagashizuki Jodan - Zenshinshite Gyakuzuki Chudan - Mawashigeri Chudan - Gyakuzuki Chudan.

Sonobade Uraken Jodan - Mawatte Uraken Jodan Renzuki Gyakuzuki Jodan - Maegeri Chudan - Nagashizuki Jodan - Surikomi Sokuto Fumikomi - Uraken Jodan - Gyakuzuki.

Evade-Ushori Ashi - Zenshinshite Uraken Jodan - Ushirogeri Chudan - Step back Nagashi Shuto Moroto Uke Jodan- Hizageri chudan - Empi Uchi Jodan.

### UKE WAZA - PARTNER TECHNIQUE

	1 <sup>st</sup> Dan	2 <sup>nd</sup> Dan	3 <sup>rd</sup> Dan	4 <sup>th</sup> Dan
	Shodan	Nidan	Sandan	Yodan
Jodan Uke	2 + 3	2 + 3	2 + 3	None
Maegeri Uke	3 + 5	3 + 5	3 + 5	None
Ohyo Kumite	2 + 6	4 + 7	5 + 8	Any 2
Kihon Kumite	2 + 8	5 + 7	8 + 9	Any 2
Tanto Dori.	None	1 + 6	4 + 9	5 + 8
Idori	None	None	1	2 + 3
Tachi Dori	None	None	None	1 + 2

Kata	Seishan	Chinto	Nisheishi	Jion
	Nai hanchi	Wanshu	Bassai	One Chosen on the Day

JI YU KUMITE

WRITTEN TEST