

EKF Wado Ryu Dan Grading requirement

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<ul style="list-style-type: none">• Does this document meet the requirements under the Equality Act 2010 in relation to age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation? Yes/No• Does this document meet our additional commitment as an organisation to extend our duty to carers, veterans, people from a low socioeconomic background, and people with diverse gender identities? N.A	
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KIHON WAZA

1 JUNZUKI – KETTE JUNZUKI

2 GYAKUZUKI – KETTE GYAKUZUKI

3 JUNZUKI NO TSUKKOMI – KETTE JUNZUKI NO TSUKKOMI

4 GYAKUZUKI NO TSUKKOMI – KETTE GYAKUZUKI NO TSUKKOMI

(BASICS ARE PERFORMED WITH KICK COMING FORWARD TOWARDS THE PANEL AND PERFORMING WITH NO KICK GOING AWAY FROM PANEL)

5 TOBIKOMIZUKI

6 TOBIKOMI NAGASHIZUKI

REN RAKU WAZA (combination techniques)

ONE COMBINATION OF CANDIDATES OWN CHOICE BUT MUST INCLUDE NAGASHIZUKI

(To show fluidity of fighting technique)

KIHON GUMITE

1 / 3 / 5 / 7 / 9 TO BE PERFORMED

KATA

1 SEISHAN

2 CHINTO

3 ANY ONE WADOKAI KATA OF CANDIDATES OWN CHOICE FROM:

NAIHANCHI – NEI SEI SHI – KUSHANKU – BASSIA – WANSHU – JION – JITTE - ROHAI

JI YU KUMITE