

Examen de DAN

WADO RYU

1 DAN

A: KIHON WAZA:

1. Shuto-uke
2. Morote-uke
3. Kakete
4. Kette Jun-tsuki
5. Kette Gyaku-tsuki
6. Kette Jun-tsuki no tsukomi
7. Kette Gyaku-tsuki no tsukomi
8. Nagashi-tsuki
9. Mae Geri
10. Sokuto Geri
11. Mawashi Geri
12. Ushiro Geri

B: RENRAKU WAZA:

1. Zenshin-tsuki - Gyaku-tsuki – Surikomi Mawashi Geri jodan
2. Surikomi Mae Geri - Nagashi-tsuki – surikomi sokuto
3. Mae Geri – Mawashi Geri – Ushiro Geri – Uraken

**C: KATA: Pinan I-V
Naihanshi
Ku Shanku
Bassai**

D: JIYU IPPON KUMITE

1. Kizami-tsuki 2x
2. Gyaku-tsuki 2x
3. Mae Geri 2x
4. Sokuto Geri 2x
5. Mawashi Geri 2x
6. Ushiro Geri 2x

E: KIHON KUMITE

I – IV

F: JIYU KUMITE

G: TAMESHIWARI

1 x Seiken tsuki

2 DAN

A: KIHON WAZA:

1. Shuto-uke
2. Morote-uke
3. Kakete
4. Kette Jun-tsuki
5. Kette Gyaku-tsuki
6. Kette Jun-tsuki no tsukomi
7. Kette Gyaku-tsuki no tsukomi
8. Nagashi-tsuki
9. Mae Geri
10. Sokuto Geri
11. Mawashi Geri
12. Ushiro Geri

B: RENRAKU WAZA:

1. Zenshin-tsuki - Gyaku-tsuki – Surikomi Mawashi Geri jodan
2. Surikomi Mae Geri - Nagashi-tsuki – surikomi sokuto
3. Mae Geri – Mawashi Geri – Ushiro Geri – Uraken

**C: KATA: Pinan I-V
Naihanshi
Ku Shanku
Bassai
Seishan**

D: JIYU IPPON KUMITE

1. Kizami-tsuki 2x
2. Gyaku-tsuki 2x
3. Mae Geri 2x
4. Sokuto Geri 2x
5. Mawashi Geri 2x
6. Ushiro Geri 2x

E: KIHON KUMITE

I – VI

- F: JIYU KUMITE**
G: TAMESHIWARI
1 x Seiken tsuki
1 x Sokuto
-

3 DAN

A: KIHON WAZA:

1. Shuto-uke
2. Morote-uke
3. Kakete
4. Kette Jun-tsuki
5. Kette Gyaku-tsuki
6. Kette Jun-tsuki no tsukomi
7. Kette Gyaku-tsuki no tsukomi
8. Nagashi-tsuki
9. Mae Geri
10. Sokuto Geri
11. Mawashi Geri
12. Ushiro Geri

B: RENRAKU WAZA:

1. Zenshin-tsuki - Gyaku-tsuki – Surikomi Mawashi Geri jodan
2. Surikomi Mae Geri - Nagashi-tsuki – surikomi sokuto
3. Mae Geri – Mawashi Geri – Ushiro Geri – Uraken

C: KATA: Pinan I-V

Naihanshi
Ku Shanku
Bassai
Seishan
Chinto
Niseishi

D: JIYU IPPON KUMITE

1. Kizami-tsuki 2x
2. Gyaku-tsuki 2x
3. Mae Geri 2x
4. Sokuto Geri 2x
5. Mawashi Geri 2x
6. Ushiro Geri 2x

- E: KIHON KUMITE**
I – VIII
- F: JIYU KUMITE**
- G: TAMESHIWARI**
2 x Seiken tsuki
2 x Sokuto
-

4 DAN

A: KIHON WAZA:

1. Shuto-uke
2. Morote-uke
3. Kakete
4. Kette Jun-tsuki
5. Kette Gyaku-tsuki
6. Kette Jun-tsuki no tsukomi
7. Kette Gyaku-tsuki no tsukomi
8. Nagashi-tsuki
9. Mae Geri
10. Sokuto Geri
11. Mawashi Geri
12. Ushiro Geri

B: RENRAKU WAZA:

1. Zenshin-tsuki - Gyaku-tsuki – Surikomi Mawashi Geri jodan
2. Surikomi Mae Geri - Nagashi-tsuki – surikomi sokuto
3. Mae Geri – Mawashi Geri – Ushiro Geri – Uraken

- C: KATA:** Pinan I-V
Naihanshi
Ku Shanku
Bassai
Seishan
Chinto
Niseishi
Wanshu
Rohai

D: JIYU IPPON KUMITE

1. Kizami-tsuki 2x
2. Gyaku-tsuki 2x
3. Mae Geri 2x
4. Sokuto Geri 2x
5. Mawashi Geri 2x
6. Ushiro Geri 2x

E: KIHON KUMITE

I – X

F: JIYU KUMITE

G: TANTO TORI:

1. Udegaramitori
2. Kotenagetori

H: TAMESHIWARI

- 2 x Seiken tsuki
- 2 x Sokuto

5 DAN

A: KIHON WAZA:

1. Shuto-uke
2. Morote-uke
3. Kakete
4. Kette Jun-tsuki
5. Kette Gyaku-tsuki
6. Kette Jun-tsuki no tsukomi
7. Kette Gyaku-tsuki no tsukomi
8. Nagashi-tsuki
9. Mae Geri
10. Sokuto Geri
11. Mawashi Geri
12. Ushiro Geri

B: RENRAKU WAZA:

1. Zenshin-tsuki - Gyaku-tsuki – Surikomi Mawashi Geri jodan
2. Surikomi Mae Geri - Nagashi-tsuki – surikomi sokuto
3. Mae Geri – Mawashi Geri – Ushiro Geri – Uraken

C: KATA: Pinan I-V
Naihanshi
Ku Shanku
Bassai
Seishan
Chinto
Niseishi
Wanshu
Rohai
Jion
Jitte

D: JIYU IPPON KUMITE
1. Kizami-tsuki 2x
2. Gyaku-tsuki 2x
3. Mae Geri 2x
4. Sokuto Geri 2x
5. Mawashi Geri 2x
6. Ushiro Geri 2x

E: KIHON KUMITE
I – X

F: JIYU KUMITE

G: TANTO TORI:
1. Udegaramitori
2. Kotenagetori
3. Ungadori
4. Zudori
5. Erinagedori

H: TAMESHIWARI
2 x Seiken tsuki
2 x Sokuto

