



Dansk Wado-Kai Karate-do
和道会

Dan syllabus - Danish Wadokai

For the grade	Ido kihon	Kata	Kihon kumite	Jiyu kumite
Shodan	<u>For all grades</u> ① Junzuki	① Pinan yondan ② Kushanku	<u>For all grades</u> ① Ipponme (nr. 1)	<u>For all grades</u> 3 x 1,5 minuttet of free fighting with a new partner for each round
Nidan	② Gyakuzuki ③ Junzuki tsukkomi	① Pinan godan ② Naihanchi	② Of your choice ③ Of your choice	
Sandan	④ Gyakuzuki tsukkomi (the above also with keri) ⑤ Tobikomizuki ⑥ Tobikomi nagashizuki	① Seishan or Chinto Will be given same day ② Wadokai Kata of your choice No Pinan kata!		

To be revised yearly