

Wado Kokusai Suzuki-Ha Sweden Grading Syllabus 2018/20



	Beginners		Intermediate			Advanced			Seniors			
	8th. Kyu	7th. Kyu	6th. Kyu	5th. Kyu	4th. Kyu	3rd. Kyu	2nd. Kyu	1st. Kyu	1st. Dan.	2nd. Dan.	3rd. Dan.	4th. Dan.
Junzuki	X											
No Tsukomi		X										
Katte Junzuki			X	X	X	X	X	X	X	X	X	X
Katte No Tsukomi				X	X	X	X	X	X	X	X	X
Gyakuzuki	X											
No Tsukomi		X										
Katte Gyakuzuki			X	X	X	X	X	X	X	X	X	X
Katte No Tsukomi				X	X	X	X	X	X	X	X	X
Maegeri	X											
Surikomi Maegeri	X											
Sokuto Fumikomi	X											
Mawashigeri Chudan		X										
Surikomi Mawashigeri Chudan			X									
Mawashigeri Jodan						X		X	X	X	X	X
Surikomi Jodan							X	X				
Mawashigeri Jodan				X	X	X						
Surikomi Sokoto Chudan						X						
Surikomi Sokoto Chudan			X									
Surikomi Sokoto Jodan							X	X	X	X	X	X
Tobikomizuki			X			X						
Nagashizuki				X	X	X	X	X	X	X	X	X
Ushirogeri Gedan				X								
Nidan Geri Jodan				X			X					
Ushirogeri Chudan					X	X	X	X	X	X	X	X



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	8th. Kyu	7th. Kyu	6th. Kyu	5th. Kyu	4th. Kyu	3rd. Kyu	2nd. Kyu	1st. Kyu	1st. Dan.	2nd. Dan.	3rd. Dan.	4th. Dan.
Head Blocks		Soto, Uchi	1 - 2	3 - 4	1 - 3	2 - 4	1 - 4	1 - 2 - 3	1 + 4	1 + 4	1 + 4	N/a
Kick Blocks		1 - 2	5 - 6	3 - 4	4 - 5	1 - 3 - 5	2 - 4 - 6	1 - 4 - 5	2 + 4	2 + 4	2 + 4	N/a
Ohyo Kumite			1	2	3	1 - 2 - 4	3 - 4 - 5	5 - 6 - 7	1 + 5	3 + 8	2 + 7	Any 2
Kihon Kumite						1 - 2	3 - 4	6 - 7	3 + 6	4 + 8	5 + 9	Any 2
Tanto Dori.									none	1 + 3	2 + 5	9 + 10
Idori									none	none	3	2 + 3
Tachi Dori									none	none	none	2 + 4

Kata

	Nidan	Shodan		Sandan	Yodan	Ku Shanku	Ku Shanku	Nai Hanchi	Seishan	Chinto	Ni Sheishi	Jion
		Sandan	Yodan	Godan			Nai Hanchi	Chinto	Ku Shanku	Rohai	Jitte	One Chosen on the Day

8th. KYU
1. Maegeri Chudan-Tobikomizuki-Jodan
2. Surikomi Maegeri-Chudan-Tobikomizuki-Jodan
3. Maegeri Chudan-Gyakuzuki-Chudan
4. Surikomi Maegeri-Chudan-Gyakuzuki-Chudan
1. Chudan Soto Uke - Gyakuzuki Chudan.
2. Chudan Uchi Uke - Gyakuzuki Chudan.

3rd. KYU
No. 1 - Surikomi Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan.
No. 2 - Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan.
No. 3 - Surikomi Maegeri Chudan, Sokuto Fumikomi, Ushirogeri Gedan, Uraken Jodan.

ALL DAN GRADE's
No. 1
Surikomi Gyakuzuki chudan.
- Nagashi Teiso Uchi Jodan.
- Surikomi Uraken Chudan.
- Mawashigeri chudan - Ashibari Gyakuzuki chudan.

7th. KYU
1. Maegeri, Mawashigeri, Gyakuzuki Chudan
2. Surikomi Maegeri, Mawashigeri, Gyakuzuki Chudan

2nd. KYU
No. 1 - Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Jodan.
No. 2 - Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Gyakuzuki Chudan.
No. 3 - Zenshinshite Jodan, Chudan Renzuki, Surikomi Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan.

No. 2
Sonobade uraken jodan, Mawatte uraken jodan renzuki gyakuzuki jodan.
- Maegeri chudan - nagashizuki jodan
- Surikomi sokuto fumikomi, Uraken jodan, gyakuzuki chudan.

6th. KYU
1. Maegeri Chudan, Sokuto Fumikomi, Gyakuzuki Chudan
2. Surikomi Maegeri, Sokuto Chudan, Gyakuzuki Chudan

1st. KYU
No. 1 - Zenshinshite Jodan, Renzuki Chudan, Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
No. 2 - Surikomi Jodan, Renzuki Chudan, Surikomi Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Uraken Jodan
No. 3 - Zenshinshite Jodan, Renzuki Chudan, Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan

No. 3
Evade-ushori ashi.
- Zenshinshite uraken jodan.
- Ushirogeri chudan.
- Step back Nagashi shotu moroto uke jodan.
- Hizageri chudan.
- Empi uchi jodan.

5th. KYU
1. Mawashigeri Chudan, Ushirogeri Gedan, Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi, Ushirogeri Gedan, Uraken Jodan

4th. KYU
No. 1 Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan
No. 2 Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Chudan.
No. 3 Maegeri Chudan, Sokuto Fumikomi, Ushirogeri Gedan, Gyakuzuki Chudan.