



Dan Grade Syllabus 2023

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Junzuki No Tsukkomi.
3. Kette Gyakuzuki.
4. Kette Gyakuzuki No Tsukkomi.
5. Tobikomizuki.
6. Nagashizuki.
7. Mawashigeri.
8. Surikomi Mawashigeri.
9. Sokuto.
10. Surikomi Sokuto.
11. Ushirogeri Chudan.

Renraku Waza (Combination Techniques)

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

Ohyo Gumite (Semi-Free Fighting)

- Ipponme (1)
- Nihonme (2)
- Yohonme (4)

Kihon Gumite

- Ipponme (1)
- Nihonme (2)
- Yohonme (4)

Kata (Form)

- For 1st Dan: Kushanku and Three Pinan Kata (Chosen by student)
- For 2nd Dan Jion and Kushanku
- For 3rd Dan Jion, Kushanku and One Senior Kata (Chosen by student)

Please note: Applications must be made online on the wado.scot website at least 21 days prior to the grading. For further information contact Peter Rogers 7th Dan dangrade@wado.scot