



Dan Grade Syllabus 2025

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 Jordan - Renzuki Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.
2. Maegeri Chudan - Nagashizuki Jordan - Gyakuzuki Chudan - Mawashigeri Chudan.
3. Surikomi Jordan - Renzuki Chudan - Maegeri Chudan – Sokuto - Ushirogeri Chudan - Uraken Jordan.

Ohyo Gumite (Semi-Free Fighting)

- Nihonme (2)
- Yohonme (4)
- Ropponme (6)

Kihon Gumite

- Ipponme (1)
- Yohonme (4)
- Kyuhonme (9)

Kata (Form)

- For 1st Dan: Jion and Three Pinan Kata (Chosen by student)
- For 2nd Dan Jion and Naihanchi
- For 3rd Dan Jion, Jitte 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 info contact Peter Rogers 7th Dan dangrade@wado.scot