



## Dan Grade Syllabus 2026

### 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 1<sup>st</sup> Dan: Jion and Three Pinan Kata (Chosen by student)
- For 2<sup>nd</sup> Dan Jion and Naihanchi
- For 3<sup>rd</sup> Dan Jion, Jitte and One Senior Kata (Chosen by student)

**Please note:** Applications must be made online on the [wado.scot](http://wado.scot) website at least 21 days prior to the grading. For further info contact Peter Rogers 7<sup>th</sup> Dan [dangrade@wado.scot](mailto:dangrade@wado.scot)