



# The Junior & Mon Grade Syllabus of the British Wadokai Karate-do Federation

Syllabus Established in 1964

英国和道会空手道連盟 - 本部道場  
Eikoku Wadokai Karate-do Renmei Honbu Dojo  
Chief Instructor Gary E Swift Kyoshi

*'Peace within Mutual Harmony'*

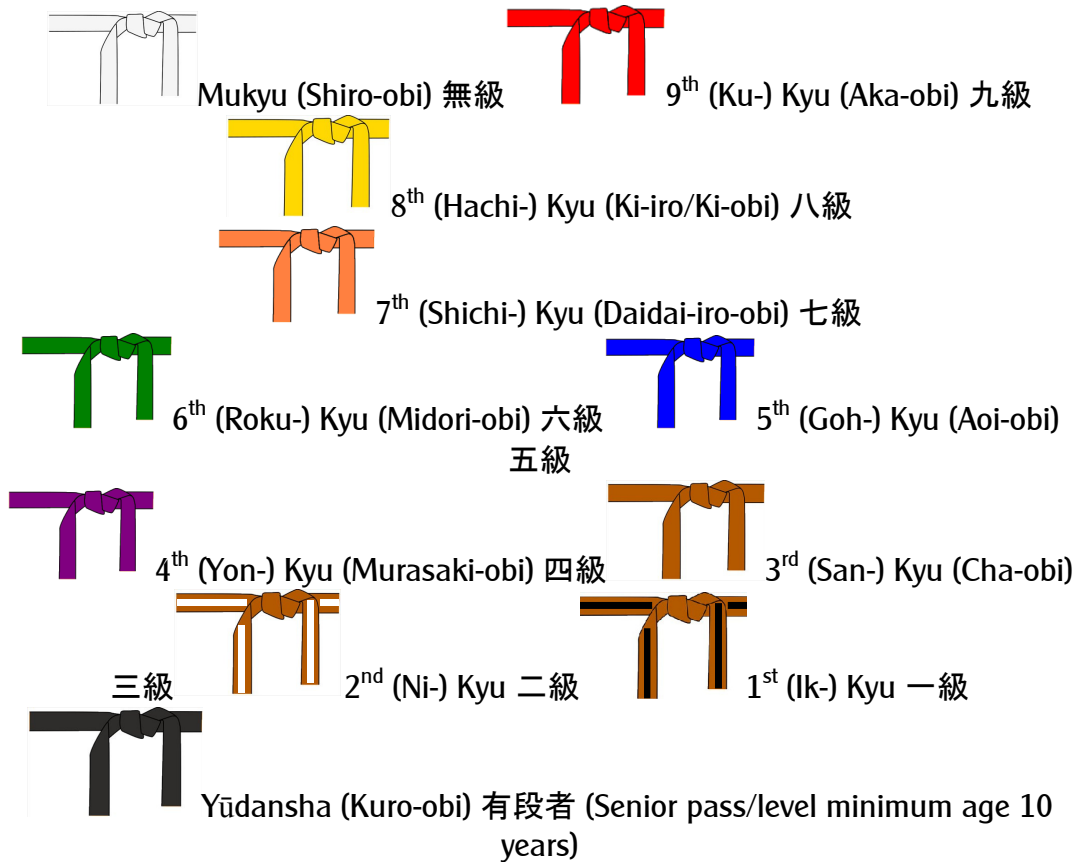
Mon Grade Structure/Syllabus

Kyu grade syllabus as introduced into the UK & Europe, by  
Suzuki Tatsuo Hanshi in 1964

Yūdan grade syllabus as introduced by  
Gary E Swift Kyoshi in 1982

# Kaikyudan 階級段

## The Grade Structure of British Wadokai Karate.



初段補 Shodan-ho, which is also referred to as Shonen-Shodan and Jido-Dan, is allocated to junior pass/level for 1st Dan under the age of 15

## NOTES FOR STUDENTS ANTICIPATING A GRADING

Kyu Gradings are held every THREE months, with a minimum of 12-session intervals, and are charged @ £15.00 per grade, which includes new coloured belt and certificate.

Before the grading date, be prepared:

1. All applicants for gradings must wear a clean white Gi.
2. Mon (Badge/s) must be worn on the left side of the Gi.
3. Ensure you have read and understood the Club Rules.
4. Ensure you have an up-to-date **British Wadokai Licence**.
5. Ensure you have correct grade registration remittance prior to grading.
6. Bring your **Club Attendance Record Card** for proof of club attendance.
7. And probably most important, *make sure you 'know' what you need to know for your grading.*

Best etiquette must be observed at all times. Ensure you pay your respects to the examiner/s in the correct way (always bowing, etc.). Always sit in the crossed legged position, during the 'rest' period between techniques, in the Shimoza area, or allocated rest area, of the Dojo. When called for any aspect of the grading, bow when entering the Dojo-floor.

Before the practical aspect of the grading commences, you will be required to kneel before the Examiner/s desk. From here you will be asked to recite the Dojo-kun (Japanese & English) and remove your Obi from your waist and fold it in front of you. Upon a further command, you will retie the Obi correctly around your waist. You will then wait for further instructions.

Official intervals/minimum training requirements for Kyu Grades.

- Beginner to 9th Kyu = Minimum 6 Weeks training duration. Minimum age 5 years old.
- Kyu grade duration between each rank from 9th Kyu to 1st Kyu = Minimum 3 Months duration with a minimum of 12 Training Sessions at a Fully Registered BWK Club.
- Mon grade duration between each Môn from 9th Kyu to 1st Kyu = Minimum 1 Month duration with a minimum of 6 Training Sessions at a Fully Registered BWK Club.

## The correct way to tie the Obi 帯 in traditional Wadoryu Karate.

How to tie a belt in the traditional Wadoryu O-Hon-Musubi method, as taught by Hironori Ohtsuka 10<sup>th</sup> Dan Meijin.

### The Jacket

First and foremost, ensure that your jacket has the left side wrapped over or on top of the right side, because wearing your jacket the opposite way symbolizes death.

### The Belt

Diagram.

Step 1) Find the middle of the belt and place against your waist and overlap/cross around the back.

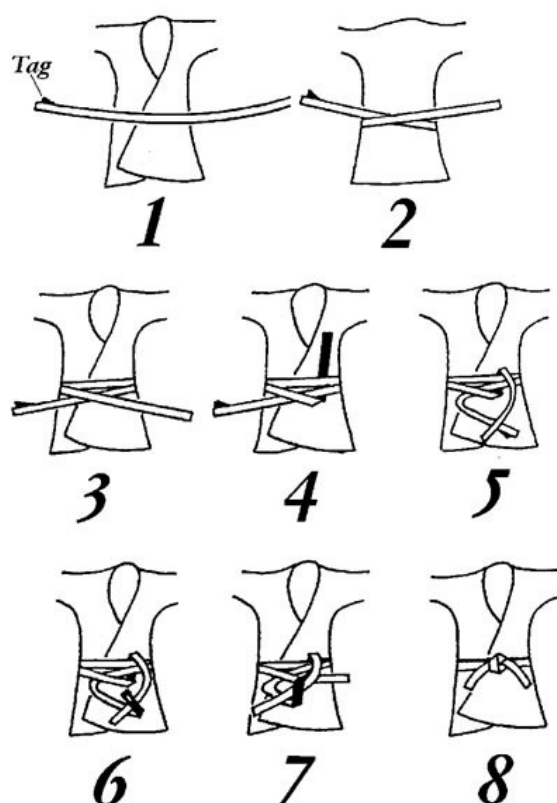
Step 2) Cross over at back

Step 3) Bring the ends to the front and cross the ends right over left.

Step 4) Tuck the right end under BOTH parts of the belt (between the Gi and Belt) and pull tight.

Step 5, 6) Complete the knot by tying left over right and through.

Step 7, 8) Pull ends tightly sideways (never up and down) and allow the ends to hang symmetrically.



During 9<sup>th</sup> & 8<sup>th</sup> Kyu Gradings all terminology & commands will be spoken first in Japanese followed by English. 7<sup>th</sup> Kyu and upwards all terminology & commands will be in Japanese.

## 9<sup>th</sup> KYU 九級



Commands on this grading will be given first in Japanese then in English.

### **Sho-Môn. (1 black stripe on present (white) belt, etc.).**

DOJO-KUN (Recited in Japanese and English), as with ALL proceeding grades. For 9<sup>th</sup> Kyu, you will also be tested on correct traditional Wado-ryu belt-tying technique (Hon-Musubi). 本結び

### **Ni-Môn. (2 black stripes on present (white) belt, etc.).**

KIHON-WAZA (Fundamental techniques)

Performed from Junzuki-dachi.

1. Jodan-uke: *Head block*.
2. Chudan-soto-uke: *Body outer block*.
3. Chudan-uchi-uke: *Body inner block*.
4. Gedan-barai: *Lower body sweeping block*.

### **San-Môn.**

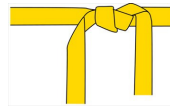
Performed from Hanmi-gamae.

1. Jodan-tsuki: *Head snap-punch*.
2. Uraken-uchi-jodan: *Head back-fist strike*.
3. Maegeri-chudan: *Body front kick*.
4. Surikomi-maegeri-chudan: *One step body front kick*.
5. Mawashigeri-chudan: *Body round-house kick*.
6. Surikomi-mawashigeri-chudan: *One step body round-house kick*.

### DOJO-KUN 道場訓

Japanese	Translation	Phonetic
REISETSU-O-MAMORI	Stick to the rules of the Dojo.	Ray sets o mamory
SHINGI-O-OMANJI:	Be loyal to your Instructor.	Shin gee o oman jee
JOJITSU-NI-OBERESU	Students and Instructors are not all one; never take advantage of his friendship.	Joe jitsu nee obberesz
SHINKENMI-NI-TESEYO	Be serious in your efforts.	Shin ken mee nee tesseyo

## 8<sup>th</sup> KYU 八級



Commands on this grading will be given first in Japanese then in English.

### Sho-Môn.

DOJO-KUN (Recited in Japanese and English), as with ALL proceeding grades. For 8<sup>th</sup> Kyu, you will also be tested on your belt-tying technique.

### KIHON-WAZA (Fundamental techniques)

1. Junzuki, Mawatte-jodan-uke: *Straight punch, turn with head block.*
2. Gyakuzuki, Mawatte-gedan-barai: *Reverse punch, turn with lower body sweeping block.*
3. Maegeri-chudan: *Front kick to the body.*
4. Surikomi-maegeri-chudan: *One step front kick to the body.*
5. Sokuto-fumikomi-hiza: *Side edge stamping kick to the knee.*

### Ni-Môn.

#### RENRAKU-WAZA (Combination techniques)

1. Maegeri-chudan-tobikomizuki-jodan: *Front kick to the body, snap punch to the head.*
2. Surikomi-maegeri-chudan-tobikomizuki-jodan: *One step front kick to the body, snap punch to the head.*
3. Maegeri-chudan-gyakuzuki-chudan: *Front kick, reverse punch to the body.*
4. Surikomi-maegeri-chudan-gyakuzuki-chudan: *One step front kick, reverse punch to the body.*

### San-Môn.

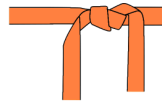
#### UKE (Blocking techniques)

Performed from junzuki-dachi

1. Chudan-soto-uke-gyakuzuki: *Body outer block, reverse punch.*
2. Chudan-uchi-uke-gyakuzuki: *Body inner block, reverse punch.*

*All blocks are performed with turning block (outer/inner), reverse punch.*

7<sup>th</sup> KYU 七級



Commands for 7<sup>th</sup> Kyu & above will be in Japanese.

**Sho-Môn.**

KIHON-WAZA 基本技

1. Junzuki-no-tsukkomi
2. Gyakuzuki-no-tsukkomi
3. Mawashigeri-chudan

RENRAKU-WAZA 連絡技

1. Maegeri-chudan – Mawashigeri-chudan – Gyakuzuki-chudan
2. Surikomi-maegeri-chudan – Mawashigeri-chudan – Gyakuzuki-chudan

**Ni-Môn.**

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Gohonme (chudan soto-uke - maegeri - gyakuzuki),  
Ropponme (chudan uchi-uke - empi)

**San-Môn.**

KATA 形

1. Pinan Nidan

6<sup>th</sup> KYU 六級



### Sho-Môn.

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Tobikomizuki-jodan
4. Surikomi-mawashigeri-chudan
5. Surikomi-sokuto-chudan

RENRAKU-WAZA 連絡技

1. Maegeri-chudan – Sokuto-fumikomi-hiza – Gyakuzuki-chudan
2. Surikomi-maegeri-chudan – Sokuto-chudan – Gyakuzuki-chudan

### Ni-Môn.

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Ipponme, Nihonme
2. Maegeri-uke; Ipponme, Nihonme

OHYO-GUMITE 応用組手

1. Ipponme

### San-Môn.

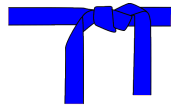
KATA 形

1. Pinan Shodan
2. Pinan Sandan

JIYU-GUMITE 自由組手



5<sup>th</sup> KYU 五級



**Sho-Môn.**

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Nagashizuki-jodan
6. Ushirogeri-gedan
7. Sokuto-chudan
8. Nidangeri-jodan

RENRAKU-WAZA 連絡技

1. Mawashigeri-chudan – Ushirogeri-gedan – Gyakuzuki-chudan
2. Surikomi-sokuto-fumikomi-hiza – Ushirogeri-gedan – Uraken-uchi-jodan

**Ni-Môn.**

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Sanbonme, Yonhonme
2. Maegeri-uke; Sanbonme, Yonhonme

OHYO-GUMITE 応用組手

1. Nihonme

**San-Môn.**

KATA 形

1. Pinan Sandan
2. Pinan Yodan

JYU-GUMITE 自由組手

4<sup>th</sup> KYU 四級



**Sho-Môn.**

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Nagashizuki-jodan
6. Mawashigeri-chudan
7. Ushirogeri-chudan
8. Sokuto-chudan

RENRAKU-WAZA 連絡技

1. Maegeri-chudan – Nagashizuki-jodan – Gyakuzuki-chudan
2. Surikomi-maegeri-chudan – Nagashizuki-jodan – Mawashigeri-chudan
3. Maegeri-chudan – Sokuto-fumikomi-hiza – Ushirogeri-gedan – Gyakuzuki-chudan

**Ni-Môn.**

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Gohonme, Ropponme
2. Maegeri-uke; Gohonme, Ropponme

OHYO-GUMITE 応用組手

1. Sanbonme

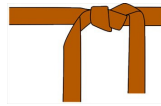
**San-Môn.**

KATA 形

1. Pinan Yodan
2. Pinan Godan

JIYU-GUMITE 自由組手

3<sup>rd</sup> KYU 三級



### Sho-Môn.

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Tobikomizuki-jodan
6. Nagashizuki-jodan
7. Mawashigeri-jodan
8. Ushirogeri-chudan
9. Surikomi-sokuto-jodan

RENRAKU-WAZA 連絡技

1. Surikomi-maegeri-chudan – Mawashigeri-chudan – Ushirogeri-chudan – Uraken-uchi-jodan
2. Maegeri-chudan - Nagashizuki-jodan – Gyakuzuki-chudan – Mawashigeri-chudan
3. Surikomi-maegeri-chudan – Sokuto-fumikomi-hiza – Ushirogeri-chudan – Uraken-uchi-jodan

### Ni-Môn.

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Ipponme, Nihonme
2. Maegeri-uke; Ipponme, Nihonme

OHYO-GUMITE 応用組手

1. Yonhonme

### San-Môn.

KIHON-GUMITE 基本組手

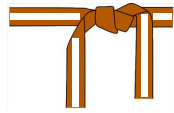
Ipponme, Nihonme

KATA 形

Ku-Shanku

JYU-GUMITE 自由組手

2<sup>nd</sup> KYU 二級



**Sho-Môn.**

**KIHON-WAZA** 基本技

1. Kette-junzuki
1. Kette-gyakuzuki
2. Kette-junzuki-no-tsukkomi
3. Kette-gyakuzuki-no-tsukkomi
4. Nagashizuki-jodan
5. Mawashigeri-jodan
6. Sokuto-jodan
7. Ushirogeri-chudan
8. Nidangeri-jodan

**RENRAKU-WAZA** 連絡技

1. Surikomi-maegeri-chudan - Nagashizuki-jodan - Mawashigeri-jodan
2. Maegeri-chudan - Sokuto-chudan - Ushirogeri-chudan - Gyakuzuki-chudan
3. Zenshinshite-jodan - Renzuki-chudan - Surikomi-maegeri-chudan - Mawashigeri-chudan - Gyakuzuki-chudan

**Ni-Môn.**

**UKE** 受け

**SANBON-GUMITE** 三本組手

1. Junzuki-uke; Sanbonme, Yonhonme
2. Maegeri-uke; Sanbonme, Yonhonme

**OHYO-GUMITE** 応用組手

Gohonme, Ropponme

**San-Môn.**

**KIHON-GUMITE** 基本組手

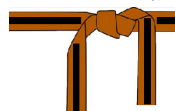
Sanbonme, Yonhonme

**KATA** 形

Ku-Shanku, Naihanchi

**JYU-GUMITE** 自由組手

1<sup>st</sup> KYU 一級



## Sho-Môn.

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Nagashizuki-jodan
6. Surikomi-mawashigeri-jodan
7. Surikomi-sokuto-jodan
8. Ushirogeri-chudan
9. Nidangeri-jodan

RENRAKU-WAZA 連絡技

1. Zenshinshite-jodan - Renzuki-chudan - Maegeri-chudan - Mawashigeri-chudan - Ushirogeri-chudan - Gyakuzuki-chudan
2. Surikomi-jodan - Renzuki-chudan - Surikomi-maegeri-chudan - Mawashigeri-chudan - Ushirogeri-chudan - Uraken-uchi-jodan
3. Zenshinshite-jodan - Renzuki-chudan - Maegeri-chudan - Nagashizuki-jodan - Gyakuzuki-chudan - Mawashigeri-jodan

## Ni-Môn.

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Gohonme, Ropponme
2. Maegeri-uke; Gohonme, Ropponme

OHYO-GUMITE 応用組手

Nanahonme, Napponme

## San-Môn.

KIHON-GUMITE 基本組手

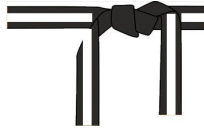
1. Gohonme

KATA 形

Ku-Shanku, Seishan, Chinto

JYU-GUMITE 自由組手

YŪDAN 有段者 SHODAN-HO初段補



**Sho-Môn.**

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Tobikomizuki-jodan
6. Nagashizuki-jodan
7. Mawashigeri-jodan
8. Sokuto-jodan
9. Ushirogeri-chudan
10. Nidangeri-jodan

RENRAKU-WAZA 連絡技

1. Zenshinshite-jodan – Renzuki-chudan – Maegeri-chudan – Mawashigeri-jodan – Ushirogeri-chudan – Uraken-uchi-jodan
2. Surikomi-jodan – Renzuki-chudan – Surikomi-sokuto-jodan – Ushirogeri-chudan – Gyakuzuki-chudan
3. Zenshinshite-jodan – Renzuki-chudan – Maegeri-chudan – Nagashizuki-jodan – Gyakuzuki-chudan – Mawashigeri-jodan – Ushirogeri-chudan – Uraken-uchi-jodan

**Ni-Môn.**

UKE 受け

SANBON-GUMITE 三本組手

All

OHYO-GUMITE 応用組手

Ipponme, Nihonme, Sanbonme, Yonhonme

KIHON-GUMITE 基本組手

Ipponme, Nihonme, Sanbonme, Yonhonme

**San-Môn.**

KATA GYO-ENBU 禦演武 \*

Lasting no less than sixty seconds.

## KATA 形

Bassai, Wanshu. Plus at least three Kata will be selected from the first nine, as Examiner/s choice.

## FUTARI DORI 二人取

*Two to one sparring.*

## HIKKI-SHIKEN 筆記試験

Written test. *May be aided, upon prearrangement (please contact your instructor for details).*

**\* Kata Gyo-Enbu must reflect applications of Wadoryu Kata.**

**Kaishaku:** In the event that students are unable to, or find it impossible to, practise a Kata Gyo-Enbu ready for the Yūdan grading (either in the event of partner illnesses or just partner availability, etc.), the applicant may opt for Kaishaku. The applicant may choose a Kata from Bassai upwards and explain & demonstrate all the applications for every move within the Kata; this may be his own [convincing] interpretation. Marks are given to 'realistic' interpretation. NB: All moves must be completely covered and explained.

## Open Kyu Gradings.

BWK operates an 'Open Grading Policy', whereby BWK Members/Students may attend and grade at any BWK 'Open Grading' held within any club of British Wadokai. This policy was originally implemented so as BWK Members may be able to advance consistently; even though their own instructor may not possess the adequate qualification to promote higher than his designated level (see Section 11 of the British Wadokai Constitution). Any BWK Member may grade at any of these 'Open Gradings' for their relevant Kyu Grade advancement, as long as the Examiner present has the adequate qualifications to grade the level attempting to be attained, etc. The student's own main instructor may 'advise' a student, in regard to his readiness, but would not be permitted to completely disallow him attending a grading, unless for reasons of inadequate training or time-served requirement deficits, etc. *The student must learn from his/her own experiences.*

## Grading Junior Students and/or Students with Learning Difficulties.

Examiners have an opportunity in offering 'Môn' (Mon) grades to students attempting grades from 7th Kyu & upwards (and 8th & 9th Kyu in extreme case), for individuals who suffer from learning difficulties, *or simply to junior students who have a problem in grasping the whole syllabus.* For example: A student going for 6th Kyu may take their grading in three parts; Kihon & Renraku-waza (1st Môn), Uke-waza (2nd Môn), Kata and Jiyu-gumite (3<sup>rd</sup> Môn; the last part completed for full 6th Kyu award). The official designation for these levels would, for example a 6th Kyu who has achieved his 2nd Môn, would be *Ni-Môn Goh-Kyu*, etc. To award these Môn levels an examiner will simply place a length of black tape around the end of the student's existing coloured belt, during the Shomeisho Reishiki (award ceremony), as a guide to the student's progress towards his next colour belt. *Obviously upon the passing of the 3rd Môn, which equates to passing the full Kyu grade, the new colour-belt and certificate would be awarded.*

About the implications regarding examining during a Kyu Môn system grading.

Each Kyu Môn grading will be charged at £5 at the time of grading/assessment. Each Môn promotion must be accompanied by the student's 'present' belt including a black stripe for

Sho-Môn and two black stripes added for Ni-Môn. Only when all three parts of the Môn have been completed the student may be awarded with his new belt and certificate. The final payment of £5 for the 3<sup>rd</sup> Môn would then equate to £15, which is the cost of the full Kyu grade. The time interval for the 3<sup>rd</sup> Môn must equate to the official three month time lapse for Kyu gradings. The same 'grade sheet' must be used throughout until completed with the 3<sup>rd</sup> Môn; resulting in the Kyu promotion.

About the implications regarding examining during a Yudan Môn system grading. Each Dan Môn grading will be charged at £50 at the time of grading/assessment. Each Môn promotion must be accompanied by the student's 'present' belt including a black stripe for Sho-Môn and two black stripes added for Ni-Môn. Only when all three parts of the Môn have been completed the student may be awarded with his black belt and certificate. The final payment of £50 for the 3<sup>rd</sup> Môn would then equate to £150, which is the cost of the full Dan grade. The time interval for the 1<sup>st</sup> Dan Môn from 1st Kyu must equate to the official time lapse of 9-months. The same 'grade sheet' must be used throughout until completed with the 3<sup>rd</sup> Môn; resulting in the Dan promotion.