

# WADO-KAI KARATE

## JUNIOR WHITE BELT CURRICULUM KU KYU

### TECHNIQUES

Punching From Horse Stance  
Stepping Punch From Front Stance  
Front Kick  
Stepping Lower Level Block From Neutral Stance  
Stepping Outside Middle Level Block From Neutral Stance

Seiken Zuki from Kiba Dachi  
Junzuki from Zenkutsu Dachi  
Mae Geri  
Gedan Uke from Fudo Dachi  
Soto Uke from Fudo Dach

Reverse Punch  
Palm Heel Strike  
Stepping Upper Level Block From Neutral Stance  
Rear Hand Chop  
Roundhouse Kick

Gyakuzuki  
Shote  
Jodan Uke from Fudo Dachi  
Shuto  
Mawashi Geri

### KATA

FIRST BASIC KATA

KIHONO KATA #1

### FLOOR EXERCISES

Front Leg FRONT KICK (put it down behind you) / Front Hand PALM HEEL STRIKE / Rear Hand KNIFE EDGE STRIKE / Back Leg ROUNDHOUSE KICK (put it down in front of you)

**Front leg MAE GERI stepping down backward / Front hand SHOTE / rear hand SHUTO / Rear leg MAWASHI GERI stepping down forward**

Stepping Backwards OUTSIDE, MIDDLE BLOCK / REVERSE PUNCH / Back Leg FRONT KICK / (set it down in front with) REVERSE PUNCH

**Stepping backwards SOTO UKE/GYAKAZUKI / Rear leg MAE GERI stepping down forward / GYAKAZUKI**

Stepping Forward JAB / REVERSE PUNCH / Back Leg ROUNDHOUSE KICK / (touch it down in front of you and then pick it up again and strike with Front Leg ROUNDHOUSE KICK / (put it down behind you and strike with / JAB / REVERSE PUNCH

**Stepping forward OIZUKI / GYAKAZUKI / rear leg MAWASHI GERI stepping down forward / front leg MAWASHI GERI stepping down backward / OIZUKI / GYAKAZUKI**

# WADO-KAI KARATE

## JUNIOR YELLOW BELT CURRICULUM HACHI KYU

### TECHNIQUES

Skip-In Front Kick / Reverse Punch  
Skip-In Roundhouse Kick / Chop  
Advancing Jab / Reverse Punch

Skip-in Mae Geri / Gyakuzuki  
Skip-in Mawashi Geri / Shuto  
Advancing Oizuki / Gyakuzuki

Step Up Side Kick  
Inward Forearm Block  
Ridgehand  
Backfist

Step-Up Yoko Geri  
Ude Uke  
Haito  
Uraken

### KATA

SECOND LEVEL PEACEFUL MIND FORM

PINAN NIDAN

### FLOOR EXERCISES

Stepping Forward INWARD MIDDLE BLOCK / (same hand) BACKFIST STRIKE / RIDGE HAND / Back Leg ROUNDHOUSE KICK (place it down in front of you)

**Stepping forward UDE UKE / front hand URAKEN / Rear hand HAITO / Rear leg MAWASHI GERI stepping down forward**

Advancing JAB / REVERSE PUNCH / Back Leg ROUNDHOUSE KICK / (place it down in front of you and follow with) Skip In ROUNDHOUSE KICK / REVERSE PUNCH

**Advancing OIZUKI / GYAKAZUKI / Rear leg MAWASHI GERI stepping down forward / Skip in MAWASHI GERI / GYAKAZUKI**

Back Leg FRONT KICK / (place it down in front of you and follow with) Back Leg ROUNDHOUSE KICK / (place it down in front of you in a side stance and follow with) STEP UP SIDE KICK / (place it down in front of you into a forward stance landing with) REVERSE PUNCH

**Rear leg MAE GERI stepping down forward / Rear leg MAWASHI GERI stepping down forward into KIBA DACHI / Step up YOKO GERI step down forward into FUDO DACHI / GYAKAZUKI**

# WADO-KAI KARATE

## JUNIOR ORANGE BELT CURRICULUM SHICHI KYU

### TECHNIQUES

Skip-Back Front Kick / Reverse Punch  
Skip-Back Roundhouse Kick / Chop  
Retreating Jab / Reverse Punch  
Inverted Middle Range Reverse Punch

Skip-Back Mae Geri / Gyakuzuki  
Skip-Back Mawashi Geri / Shuto  
Retreating Oizuki / Gyakuzuki  
Sayu Zuki

Back Kick  
Stepping Knife Edge Block from Long Cat Stance  
Rising Block  
Upward Kick  
Two Finger Strike

Ushiro Geri  
Stepping Shuto Uke from Neko Ashi Dachi  
Age Uke  
Ashi Kubi Geri  
Nihon Nukite

### KATA

FIRST LEVEL PEACEFUL MIND FORM

PINAN SHODAN

### FLOOR EXERCISES

Retreating RISING BLOCK / INVERTED REVERSE PUNCH / Back Leg UPWARD DIRECTED INSTEP KICK (place it down in front of you)

Retreating AGE UKE / Rear hand SAYU-ZUKI / Rear leg ASHI-KUBI-GERI step down forward

Skip Back FRONT KICK / (place it down in front of you, landing with) REVERSE PUNCH / Back Leg ROUNDHOUSE KICK (place it down in front of you)

Skip back MAE GERI / GYAKAZUKI / Rear leg MAWASHI GERI stepping down forward

Front Leg BACK KICK / (land in a side stance and follow with) Skip In SIDE KICK (place it down into a forward stance with) TWO FINGER STRIKE

Front leg USHIRO GERI setting down into KIBA DACHI / Skip in YOKO GERI setting down into FUDO DACHI / Rear hand NI-HON NUKITE

# WADO-KAI KARATE

## JUNIOR BLUE BELT CURRICULUM ROKU KYU

### TECHNIQUES

Side Step Reverse Punch  
Inside Crescent Kick  
Turning Back Kick

Taisabaki Gyakuzuki  
Hakku Geri  
Turning Ushiro Geri

Lower Level Inside Forearm Block  
Long Advancing Jab / Reverse Punch  
Long Retreating Jab / Reverse Punch

Gedan Ude Uke  
Long Advancing Oizuki / Gyakuzuki  
Long Retreating Oizuki / Gyakuzuki

### KATA

THIRD LEVEL PEACEFULL MIND FORM

PINAN SANDAN

### FLOOR EXERCISES

Retreating JAB / Side Step REVERSE PUNCH / Back Leg SIDE KICK (directed at the opponent that you reverse punched and then place down in front of you in a forward stance)

**Retreating OI ZUKI / Side Step GYAKUZUKI / Rear leg YOKO GERI**

Back Leg INSIDE CRESCENT KICK (that turns into a) SIDE KICK / (place it down into a side fighting stance and follow with) Turning BACK KICK / (place it down into a forward stance landing with) REVERSE PUNCH

**Rear leg HAKKU-YOKO GERI / Turning USHIRO GERI / GYAKUZUKI**

(from a side fighting stance) Long Retreating INSIDE, LOWER LEVEL BLOCK / (same hand) BACKFIST / (shifting to a forward fighting stance) REVERSE PUNCH / Back Leg FRONT KICK (set it down in front of you) Long Advancing / JAB / REVERSE PUNCH

**Long Retreat GEDAN UDE UKE / shift to FUDO DACHI with URAKEN / GYAKAZUKI / Rear Leg MAE GERI / Long Advance OIZUKI / GYAKAZUKI**

# WADO-KAI KARATE

## JUNIOR GREEN BELT CURRICULUM GO KYU

### TECHNIQUES

Front and Back Leg Sliding Front Kick  
Front and Back Leg Sliding Roundhouse Kick  
Front Leg Sliding Side Kick  
Hook Punch

Hooking Knife Edge Block  
Spinning Side Kick  
Front - Roundhouse Kick  
Advancing Reverse Punch

Front and Back Leg Sliding Mae Geri  
Front and Back Leg Sliding Mawashi Geri  
Front Leg Sliding Yoko Geri  
Kagi Zuki

Kagi Shuto Uke  
Spinning Yoko Geri  
Mae-Mawashi Geri  
Advancing Gyakuzuki

### KATA

FOURTH LEVEL PEACEFULL MIND FORM

PINAN YONDAN

### FLOOR EXERCISES

Front Leg Sliding FRONT KICK / Advancing REVERSE PUNCH / Back Leg Sliding ROUNDHOUSE KICK  
(place it down in front of you)

**Front Leg MAE GERI with a Slide / Advancing GYAKUZUKI / Back Leg Sliding MAWASHI GERI**

(from a side fighting stance) Front Leg Sliding SIDE KICK / Spinning SIDE KICK / Skip-in SIDE KICK / Rear Hand HOOK PUNCH

**Front Leg Sliding YOKO GERI / Spinning YOKO GERI / Skip in YOKO GERI / Rear Hand KAGI ZUKI**

Retreating Front Hand HOOKING KNIFE EDGE BLOCK / Rear Hand HOOK PUNCH / Back Leg FRONT - ROUND HOUSE KICK / (place it down in front of you with) Rear Hand HOOK PUNCH

**Retreating Front Hand KAGI SHUTO UKE / Rear Hand KAGI ZUKI / Rear Leg MAE-MAWASHI GERI / Rear Hand KAGI ZUKI**

# WADO-KAI KARATE

## JUNIOR PURPLE BELT CURRICULUM YON KYU

### TECHNIQUES

Outside Crescent Kick  
Double Flying Front Kick  
Double Roundhouse Kick

Mikazuki Geri  
Maetobi Geri  
Ni-Mawashi Geri

Hook Kick  
Front Hand Hook Punch  
Uppercut Punch

Kagi Geri  
Front Hand Kagi Zuki  
Age Zuki

### ASSISTANT INSTRUCTOR EXPERIENCE

### SEMPAI HOURS

25 CLASSES

### KATA

FIFTH LEVEL PEACEFULL MIND FORM

PINAN GODAN

### FLOOR EXERCISES

Skip in Front Leg OUTSIDE CRESCENT KICK / FLYING DOUBLE FRONT KICK

**Skip In MIKAZUKI GERI / MAE-TOBE GERI**

Rear Leg OUTSIDE CRESCENT KICK / Back Leg DOUBLE ROUNDHOUSE KICK / (place it down in front of you with) Advancing REVERSE PUNCH

**Rear Leg MIKAZUKI GERI / Rear Leg Sliding NI-MAWASHI GERI / Advancing GYAKAZUKI**

(from a side fighting stance) Skip in HOOK KICK / REVERSE PUNCH / Front Hand HOOK PUNCH (with a front foot pivot) / Rear Hand PALM HEEL STRIKE

**Skip in KAGI GERI / GYAKAZUKI / Front Hand KAGI ZUKI (with a front foot pivot) / Rear Hand SHOTE**

# WADO-KAI KARATE

## JUNIOR 1<sup>ST</sup> DEGREE BROWN BELT CURRICULUM SAN KYU

### TECHNIQUES

Hook-Roundhouse Kick  
Sliding Outside Crescent Kick  
Outside Sweeping Block  
Spinning Outside Crescent Kick  
Spinning Hook Kick  
Spinning Backfist (advancing)

Kagi-Mawashi Geri  
Sliding Mikazuki Geri  
Nagashi Uke  
Spinning Mikazuki Geri  
Spinning Kagi Geri  
Spinning Uraken

### ASSISTANT INSTRUCTOR EXPERIENCE

### SEMPAI HOURS

25 CLASSES

### KATA

KUSHANKU

### FLOOR EXERCISES

(from a side fighting stance) Skip in HOOK – ROUNDHOUSE KICK / REVERSE PUNCH / Back Leg Sliding OUTSIDE CRESCENT KICK (place it down in front of you)

**Skip in KAGI – MAWASHI GERI / GYAKUZUKI / Back Leg Sliding MIKAZUKI GERI**

Retreating OUTSIDE SWEEPING BLOCK / Advancing RIDGEHAND / Back Leg INSIDE CRESCENT KICK / (place it down in front of you) Spinning OUTSIDE CRESCENT KICK (place it down in front of you)

**Retreating NAGASHI UKE / Advancing URAKEN / Back Leg HAKKU GERI / Spinning MIKAZUKI GERI**

Advancing BACKFIST STRIKE / Spinning BACKFIST STRIKE (step through) / Spinning HOOK KICK / (place your foot down in front of you with / REVERSE PUNCH

**Advancing URAKEN / Spinning URAKEN (step through) / Spinning KAGI GERI / GYAKUZUKI**

# WADO-KAI KARATE

## JUNIOR 2<sup>ND</sup> DEGREE BROWN BELT CURRICULUM NI KYU

### TECHNIQUES

Triple Roundhouse Kick	San-Mawashi Geri
Leaping Front Kick	Leaping Mae Geri
Leaping Roundhouse Kick	Leaping Mawashi Geri
Slipping Reverse Punch	Kuwashi Gyakuzuki
Pivoting Palm Heel Strike	Pivoting Shote
Pivoting Jab	Pivoting Oi Zuki
Lead Leg Sweep	Deashi Barai
Roundhouse Shin Kick	Sune Geri
Spinning Backfist (retreating)	Spinning Uraken
Flying Front – Roundhouse Kick	Mae-Mawashi Tobi Geri

### KATA

BASAI DAI

INPENETRABLE FORTRESS

### ASSISTANT INSTRUCTOR EXPERIENCE

### SEMPAI HOURS

25 CLASSES

### FLOOR EXERCISES

(from a side fighting stance) Front Leg Sliding TRIPLE ROUND HOUSE KICK / Back Leg Leaping ROUNDHOUSE KICK / Spinning HOOK KICK

Lead Leg Sliding SAN MAWASHI GERI / Back Leg Leaping MAWASHI GERI / Spinning KAGI GERI

Slipping REVERSE PUNCH / Pivoting PALM HEEL STRIKE / Front Leg SIDE KICK / Back Leg ROUNDHOUSE SHIN KICK / (place it down in front of you and follow with) Spinning OUTSIDE CRESCENT KICK / Front Leg INSIDE SWEEP / Downward REVERSE PUNCH

Kuwashi GYAKUZUKI / Pivoting SHOTE / Front Leg YOKO GERI / Back Leg MAWASHI SUNE GERI / Spinning MIKAZUKI GERI / Lead Leg DEASHI BARAI / Otoshi GYAKUZUKI

(from a side fighting stance) Spinning Retreat BACKFIST STRIKE / (stepping over to a forward stance) LOWER LEVEL BLOCK / (follow with the same hand ) BACKFIST STRIKE / REVERSE PUNCH / Flying FRONT – ROUNDHOUSE KICK

Spinning Retreat URAKEN / GEDAN UKE / URAKEN / GYAKUZUKI / MAE – MAWASHI TOBI GERI

# WADO-KAI KARATE

## JUNIOR 3<sup>RD</sup> DEGREE BROWN BELT CURRICULUM IK KYU

### TECHNIQUES

Breaking Block  
Spinning Knife Edge Strike  
Reverse Punch-Back Fist  
Stutter Reverse Punch  
Front-Side Kick

Hiraku Uke  
Spinning Shuto  
Gyakuzuki- Uraken  
Stutter Gyakuzuki  
Mae-Yoko Geri

### KATA

WANSHU

### ASSISTANT INSTRUCTOR EXPERIENCE

### SEMPAI HOURS

25 CLASSES

### MISCELANEOUS

Jr. Black Belt in Class Written Exam  
Jr. Black Belt Take Home Written Exam

### FLOOR EXERCISES

Retreating **BREAKING BLOCK / JAB / Spinning (advance) KNIFE EDGE STRIKE / Spinning & Sliding HOOK KICK**

Retreating **HIRAKU UKE / OIZUKI / Spinning (advance) SHUTO / Spinning & Sliding KAGI GERI**

Advancing (fake) **REVERSE PUNCH - BACK FIST STRIKE / Spinning (advance) BACKFIST STRIKE / (step through and follow with) Spinning HOOK KICK / STUTTER REVERSE PUNCH**

Advancing **GYAKU ZUKI – URAKEN / Spinning URAKEN (step through) / Spinning KAGI GERI / Stutter GYAKUZUKI**

#### Two Directional

Back Leg **FRONT KICK – SIDE KICK / LOWER LEVEL BLOCK / BACK FIST STRIKE / REVERSE PUNCH / REVERSE PUNCH / Back Leg FRONT KICK / Turning BACK KICK / Front Leg INSIDE SWEEP / DOWNWARD REVERSE PUNCH**

Back Leg **MAE GERI – YOKO GERI / GEDAN UKE / URAKEN / GYAKUZUKI / GYAKUZUKI / Back Leg MAE GERI / Turning USHIRO GERI / DEASHI BARAI / Otoshi GYAKUZUKI**