



The Grade Syllabus of the
**INTERNATIONAL WADO FEDERATION
OF
INDIA**

国際和道連盟インド

A Member of the International Wado Federation U.K
Approved by All India Karate Do Federation (AIKF)
&
School Games Federation of India (SGFI)
Recognized by Indian Olympic Association, Govt. of India
Member of Asian Karate Federation & World Karate Federation

SHIHAN CHANDRESH SINGH
CHIEF INSTRUCTOR / CHAIRMAN

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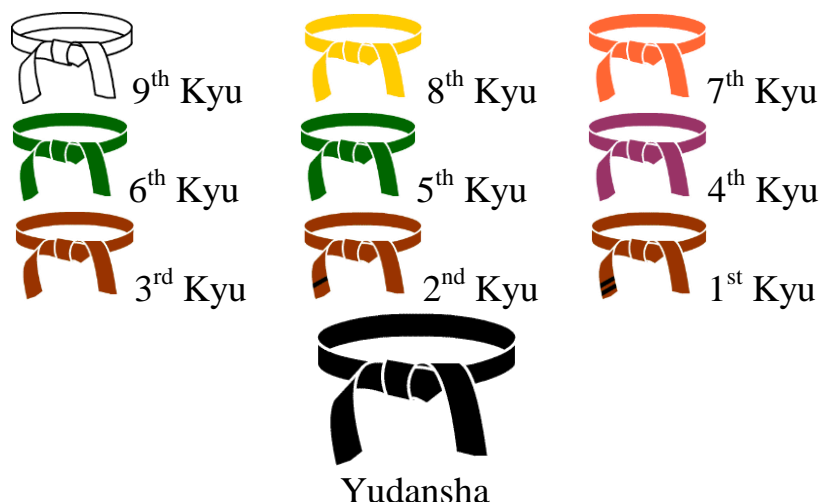


'Peace within Mutual Harmony'

www.indiawadokarate.com

Includes All Grading Requirements from 9th Kyu to 7th Dan

The grade structure of IWF INDIA



NOTES FOR STUDENTS ANTICIPATING A GRADING

Before The Grading Date, Be Prepared:

1. All applicants for grading 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 IWF INDIA Card.
5. Ensure you have paid correct grade registration fee prior to grading.
6. 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.

During the Gradings all terminology & commands will be spoken first in Japanese followed by English.

9th KYU



WHITE BELT

DOJO-KUN (Recited in Japanese and English), as with ALL proceeding grades.
For 9th Kyu, you will also be tested on correct belt-tying technique.

UKE (Blocks)

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.

KIHON-WAZA (Fundamental Techniques)

Performed from Hanmi-gamae.

1. Jodan-tsuki: Head 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

REISETSU-O-MAMORI	: Stick to the rules of the Dojo.
SHINGI-O-OMANJI	: Be loyal to your Instructor.
JOJITSU-NI-OBRESU	: Students and Instructors are not all one; never take advantage of his friendship.
SHINKENMI-NI-TESEYO	: Be serious in your efforts.

8th KYU

YELLOW BELT

DOJO-KUN (Recited in Japanese and English), as with ALL proceeding grades.
For 8th 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.

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.

UKE(Blocks)

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.

7th KYU



ORANGE BELT

For 7th Kyu explain, and demonstrate, the traditions of why the Obi has to be tied in the correct way.

KIHON-WAZA

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

RENRAKU-WAZA

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

UKE(Blocks)

SANBON-GUMITE

1. Junzuki-uke; Gohonme, Ropponme

KATA

1. Pinan Nidan

6th KYU

GREEN-II BELT

KIHON-WAZA

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

RENRAKU-WAZA

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

UKE (Blocks)

SANBON-GUMITE

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

OHYO-GUMITE

1. Ipponme

KATA

1. Pinan Shodan
2. Pinan Sandan

JIYU-GUMITE



KIHON-WAZA

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

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

UKE (Blocks)

SANBON-GUMITE

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

OHYO-GUMITE

1. Nihonme

KATA

1. Pinan Sandan
2. Pinan Yodan

JIYU-GUMITE

4th KYU



PURPLE BELT

KIHON-WAZA

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

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

UKE (Blocks)

SANBON-GUMITE

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

OHYO-GUMITE

1. Sanbonme

KATA

1. Pinan Yodan
2. Pinan Godan

JIYU-GUMITE

3rd KYU



BROWN-III BELT

KIHON-WAZA

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

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

UKE (Blocks)

SANBON-GUMITE

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

OHYO-GUMITE

1. Yonhonme

KIHON-GUMITE

1. Ipponme
2. Nihonme

KATA

1. Ku-Shanku

JIYU-GUMITE

2nd KYU



BROWN-II BELT

KIHON-WAZA

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

RENRAKU-WAZA

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

UKE (Blocks)

SANBON-GUMITE

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

OHYO-GUMITE

1. Gohonme
2. Ropponme

KIHON-GUMITE

1. Sanbonme
2. Yonhonme

KATA

1. Ku-Shanku
2. Nai-hanchi

JIYU-GUMITE

1st KYU



BROWN-I BELT

KIHON-WAZA

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

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

UKE (Blocks)

SANBON-GUMITE

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

OHYO-GUMITE

1. Nanahonme
2. Napponne

KIHON-GUMITE

1. Gohonme

KATA

1. Ku-Shanku
2. Seishan
3. Chinto

JIYU-GUMITE

YUDANSHA



BLACK BELT

KIHON-WAZA

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

Not applicable for 4thDan or over.

RENRAKU-WAZA

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

Not applicable for 4thDan or over.

KATA

At least three Kata will be selected from the first nine, as Examiner/s choice.

JIYU-GUMITE

Futari-dori. Not applicable for 4thDan or over.

HIKKI-SHIKEN

Written test. Not applicable for 4thDan or over.

SHODAN



1ST DAN

ALL SANBON-GUMITE

OHYO-GUMITE

Ipponme, Nihonme, Sanbonme, Yonhonme

KIHON-GUMITE

Ipponme, Nihonme, Sanbonme, Yonhonme

KATA

Bassai, Wanshu

NIDAN



2ND DAN

ALL SANBON-GUMITE

OHYO-GUMITE

Gohonme, Ropponme, Nanahonme, Naponme

KIHON-GUMITE

Gohonme, Ropponme, Nanahonme, Naponme

KATA

Ni-sei-shi, Rohai

SANDAN



3RD DAN

ALL SANBON-GUMITE

ALL OHYO-GUMITE

ALL KIHON-GUMITE

KATA

Ji-tte, Ji-han, Ji-in

YODAN



4TH DAN

ALL SANBON-GUMITE

ALL OHYO-GUMITE

ALL KIHON-GUMITE

ALL IDORI NO KATA

ALL TANTO DORI NO KATA

TACHI AI NO KATA

ALL MUTO DORI NO KATA

KATA

Bassai, Wanshu, Ni-sei-shi



ALL SANBON-GUMITE

ALL OHYO-GUMITE

ALL KIHON-GUMITE

ALL IDORI NO KATA

ALL TANTO-DORI NO KATA

TACHI AI NO KATA

ALL MOTO DORI NO KATA

KATA

Ni-sei-shi, Suparinpei

ROKUDAN & SHICHIDAN



ALL SANBON-GUMITE

ALL OHYO-GUMITE

ALL KIHON-GUMITE

KATA

Ku-Shanku, Seishan, Chinto

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