

South Calgary Wado Kai Karate Club

White and White Stripe Goals and Objectives to grade to Yellow

Minimum Training time - 4 months or 20 hours
(recommended to attend one tournament or workshop)

Waza: (basics)

- Punches (zuki) -jodan zuki, chudan zuki, gedan zuki
- Stances(dachi) – kiba dachi and zenzkustu dachi
- Blocks (uke)– ude uke, osoto uke, age uki, gendan barai (uke) Kicks (geri)– mae geri and mawashi geri
- Turns – the basic 3 point turn – always set the foot

Kata:

- Youth – White Belt Power kata White Stripe Power kata and Chonan
- Adults – Power kata and/or chonan and Pinan Shodan

Kumite:

Focus with partner, respect for partner, understand target areas, legal strikes, basic terminology

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Yellow and Yellow Stripe Goals and Objectives to grade to Orange

Minimum Training time - 4 months or 25 hours

(recommended to attend one tournament or workshop since last grading)

Waza: (basics)

- Work blocks and stances together
- Strikes / Punches (zuki) -jodan zuki, chudan zuki, gedan zuki, nukite
- Stances(dachi) – kiba dachi and zenzkustu dachi, kokutsu dachi
- Blocks (uke)– ude uke, osoto uke, age uki, gendan barai (uke), shoto uke, morote uke,
- Kicks (geri)– mae geri, mawashi geri, yoko geri
- Turns – the basic 3 point turn – always set the foot

Kata:

- Further refinement includes knowledge of technique application (bunkai), speed, power, form, kime and breathing.
- Pinan Nidan, Chonan Shodan and improvement of previous Katas

Kumite:

Focus with partner, respect for partner, understand target areas, legal strikes, basic terminology, work both side, learn a new technique, throw more than on attack, always counter attack, block counter.

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Orange and Orange Stripe Goals and Objectives to grade to Green

Minimum Training time - 4 months or 25 hours
(recommended to attend one tournament or workshop since last grading)

Waza: (basics)

- Work blocks and stances together
- Strikes / Punches (zuki) -jodan zuki, chudan zuki, gedan zuki, nukite, uraken, empi
- Stances(dachi) – kiba dachi and zenzkustu dachi, kokutsu dachi, nekowashi dachi
- Blocks (uke)– ude uke, osoto uke, age uki, gendan barai (uke), shoto uke, morote uke,
- Kicks (geri)– mae geri, mawashi geri, yoko geri, uro-maewashi geri

Kata:

- Further refinement includes knowledge of technique application (bunkai), speed, power, form, kime and breathing.
- Pinan Sandan, Tekki Shodan and improvement of previous Katas

Kumite:

Focus with partner, respect for partner, understand target areas, legal strikes, and basic terminology, work both side, learn a new technique, throw more than on attack, and counter attack, block counter, shifting both on offense and defense.

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Green and Green Stripe Goals and Objectives to grade to Blue

Minimum Training time - 8 months or 50 hours
(recommended to attend one tournament or workshop since last grading)

Waza: (basics)

- Work blocks and stances together like in katas
- Strikes / Punches (zuki) -jodan zuki, chudan zuki, gedan zuki, empi, nukite, uraken
- Stances(dachi) – kiba dachi and zenzkustu dachi, kokutsu dachi, nekowashi dachi
- Blocks (uke)– Morote uke, ude uke, osoto uke, age uki, gendan barai (uke), shoto uke, juji uke
- Kicks (geri)– mae geri, mawashi geri, yoko geri, ushiro geri, uro-maewashi geri

Kata:

- Further refinement includes knowledge of technique application (bunkai), speed, power, form, kime and breathing.
- Pinan Yodan, Seisho and improvement of Previous Katas

Kumite:

Focus with partner, respect for partner, understand target areas, legal strikes, and basic terminology, work both side, learn a new technique, throw more than on attack, and always counter attack, block counter, shifting both on offense and defense.

Bunkai:

Work on a Bunkai for one kata sequence.

South Calgary Wado Kai Karate Club

Blue and Blue Stripe Goals and Objectives to grade to Brown

Minimum Training time - 8 months or 50 hours
(need to attend one tournament or workshop since last grading)

Waza: (basics)

- Work blocks and stances together like in katas
- Strikes / Punches (zuki) -jodan zuki, chudan zuki, gedan zuki, empi, nukite, uraken
- Stances(dachi) – kiba dachi and zenzkustu dachi, kokutsu dachi, nekowashi dachi
- Blocks (uke)– ude uke, osoto uke, age uki, gendan barai (uke), Morote uke, shoto uke, juji uke
- Kicks (geri)– mae geri, mawashi geri, yoko geri, ushiro geri, uro-maewashi geri

Kata:

- Further refinement includes knowledge of technique application (bunkai), speed, power, form, kime and breathing.
- Pinan Godan, Shopai, Sankyo and improvement of Previous Katas

Kumite:

Focus with partner, respect for partner, understand target areas, legal strikes, and basic terminology, work both side, learn a new technique, throw more than on attack, and always counter attack, block counter, shifting both on offense and defense.

Bunkai:

Be able to teach a Bunkai to one kata sequence.