



JKF Wado-Kai Official Exam Session
Rome, November 20th, 2021

EXAM PROGRAM

1st DAN

IDO KIHON

- Junzuki, Kette Junzuki
- Gyakuzuki, Kette Gyakuzuki
- Junzuki no tsukkomi, Kette Junzuki no tsukkomi
- Gyakuzuki no tsukkomi, Kette Gyakuzuki no tsukkomi
- Tobikomizuki
- Nagashizuki

KATA

- Kushanku and Naihanchi

KIHON KUMITE

- Two (2) Kihon Kumite out of numbers 1-5
- Free Kumite (Sparring)

2nd DAN

IDO KIHON

- Junzuki, Kette Junzuki
- Gyakuzuki, Kette Gyakuzuki
- Junzuki no tsukkomi, Kette Junzuki no tsukkomi
- Gyakuzuki no tsukkomi, Kette Gyakuzuki no tsukkomi
- Tobikomizuki
- Nagashizuki



KATA

- Chinto or Seishan
- One (1) Tokui Kata (no Pinan Kata)

KIHON KUMITE

- Two (2) Kihon Kumite out of numbers 1-7
- Free Kumite (Sparring)

3rd to 5th DAN

IDO KIHON

- Junzuki, Kette Junzuki
- Gyakuzuki, Kette Gyakuzuki
- Junzuki no tsukkomi, Kette Junzuki no tsukkomi
- Gyakuzuki no tsukkomi, Kette Gyakuzuki no tsukkomi
- Tobikomizuki
- Nagashizuki

KATA

- Chinto and Seishan

KIHON KUMITE

- Two (2) Kihon Kumite out of numbers 1-10
- Free Kumite (Sparring)