



WADOKAI KARATEDO
SHINGITAI ITALIA
Japan Karatedo Federation Wado-Kai branch n° 424004



JKF Wado-Kai
Official Exam Session
Rome, April 27th, 2024

DAN 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
- Tobikomi Nagashizuki

KATA

- Kushanku
- Naihanchi

KIHON KUMITE

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



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DAN EXAM PROGRAM

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
- Tobikomi Nagashizuki

KATA

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

KIHON KUMITE

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



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WADOKAI
SEMINAR *in Rome*


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DAN EXAM PROGRAM

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
- Tobikomi Nagashizuki

KATA

- Chinto
- Seishan

KIHON KUMITE

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