

Nacka



Wado Ryu Karate

Graderingsystem

8:e kyu

<b>Kihon</b>	M Junzuki (mawate jodanuke) M Kizamizuki Yoriashi kizamizuki M Gyakuzuki (mawate gedanbarai) M Yoriashi gyakuzuki Maegeri Mawashigeri
<b>Renrakuwaza</b>	Yoriashi kizamizuki, Yoriashi gyakuzuki M Sukuiuke, Yoriashi gyakuzuki
<b>Kumite</b>	M Ippongumite jodan 1 Ippongumite chudan 1
<b>Kata</b>	Taikyoku shodan

**OBS!** Vid mon-gradering (halvfärgat bälte) utförs endast de tekniker som har ett M framför sig.

Vid kyu-gradering (helfärgat bälte) utförs samtliga tekniker.

Kyu gradering görs från 14 år.

## Intressant för 8 kyu

### Kihon wasa (Grundtekniker)

Gedanbarai

Jodanuke

Sukuiuke

### Japanska

Ichi - Ett

Ni - Två

San - Tre

Shi - Fyra

Go - Fem

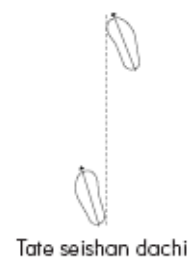
Roku - Sex

Schichi - Sju

Hachi - Åtta

Ku - Nio

Ju - Tio



7:e kyu

<b>Kihon</b>	M Kette Junzuki (mawate jodanuke) Kette Gyakuzuki (mawate gedanbarai)
	M Sokuto Shutouke
<b>Renrakuwaza</b>	M Maegeri, Mawashigeri, Gyakuzuki Maegeri, Surikomi maegeri, Gyakuzuki
<b>Kumite</b>	M Sanbongumite maegeriuke 1 M Sanbongumite maegeriuke 2 M Sanbongumite maegeriuke 3 Sanbongumite maegeriuke 4 Sanbongumite maegeriuke 5 Sanbongumite maegeriuke 6
<b>Kata</b>	Pinan Nidan

## Intressant för 7 Kyu

### Kihon wasa

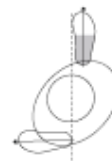
Surikomi maegeri  
Haraiuke

### Japanska

Arigato gozaimashita – Tack så mycket  
Onegai shimasu – Va snäll och lär mig  
Wado – Freden och harmonins väg  
Ryu – Stil / Skola  
Dan - Nivå



Shikodachi



Hanmi no nekoashidachi

6:e kyu

<b>Kihon</b>	M	Sotouke
	M	Uchiuke
		Ushirogeri
		Nagashizuki
<b>Renrakuwaza</b>		Maegeri, Ushirogeri, Gyakuzuki
	M	Maegeri, Sokuto, Gyakuzuki
<b>Kumite</b>	M	Sanbongumite jodanuke 1
	M	Sanbongumite jodanuke 2
		Sanbongumite jodanuke 3
		Sanbongumite jodanuke 4
<b>Kata</b>	M	Pinan Shodan
		Pinan Sandan

**Jiyu kumite** (fri fighting)

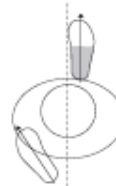
## Intressant för 6 Kyu

### **Kihon wasa**

Sanbonkumite sotouke  
Sanbonkumite uchiuke  
Udeuke  
Uraken  
Haito  
Haishuuke

### **Renraku wasa** (Kombinationstekniker)

Zenshinshite jodan renzuki chudan ashibarai gyakuzuki  
Yoriashi kizamizuki gyakuzuki jodan mawashigeri chudan  
Uraken jodan gyakuzuki chudan mawashigeri



Mashomen no nekoashidachi



Shizentaidachi

5:e kyu

<b>Kihon</b>	M Junzuki no tsukkomi Gyakuzuki no tsukkomi Nidangeri M Ura mawashigeri
<b>Renrakuwaza</b>	M Surikomi maegeri, Nagashizuki, Mawashigeri, Gyakuzuki M Meageri, Mawashigeri, Uraken Ashibarai, Ushirogeri, Gyakuzuki
<b>Kumite</b>	M Henkagumite 1 M Henkagumite 2 M Ohyogumite 1 Ohyogumite 2 Ohyogumite 3
<b>Kata</b>	Pinan Yondan
<b>Jiyu kumite</b>	

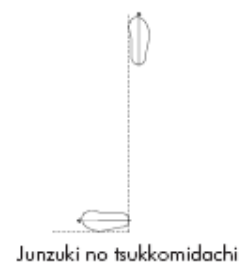
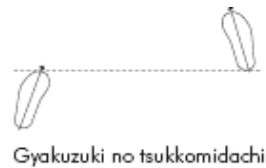
## Intressant för 5 Kyu

### Kihon wasa

Empi  
Mikazukigeri  
Sotomawashigeri  
Osotogari  
Ashibarai

### Renraku wasa

Sonabade gyakuzuki chudan shotosei gyakuzuki jodan  
Sonabade gyakuzuki chudan surikomi kizamizuki



4:e kyu

<b>Kihon</b>	M Ushiro mawashigeri M Kette junzuki no tsukomi Kette gyakuzuki no tsukomi
<b>Renrakuwaza</b>	Zenshinshite jodan renzuki chudan, Maegeri, Mawashigeri, M Gyakuzuki M Maegeri, Nagashizuki, Gyakuzuki
<b>Kumite</b>	M Henkagumite 3 M Henkagumite 4 Ohyogumite 4 Ohyogumite5 Sanbongumite soutu Sanbongumite uchiuke
<b>Kata</b>	M Pinan Godan Wanshu

**Jiyu kumite**

## **Intressant för 4 Kyu**

- **I KI TA KATA**  
Kata must be alive, done with feeling and purpose ("se" motståndaren och förstå tekniken)
- **I NEN**  
Kata must be performed with "spirit" (kiai för en tung teknik och ljud för en lätt teknik skiljer)
- **CHIKARA NO KYO JAKU**  
Changes in application of power, techniques can be strong or yielding, hard then soft (katans kraft är inte 100% hela tiden)
- **WAZA NO KAN KYU**  
Variation in the timing of movement, sometimes fast, sometimes slow (jämför vågor på havet eller musikstycken)
- **KI SOKO NO DON TO**  
Proper rhythm of breathing, when to breath in and when to breath out (man skall inte visa motståndaren hur man andas, man skall inte pusta och frusta)
- **CHOWA (BALANCE)**  
Maintaining proper balance (man skall inte titta först och blockera sen utan titta och blockera samtidigt)

3:e kyu

**Kihon**

Kette junzuki  
Kette gyakuzuki  
Kette junzuki no tsukkomi  
Kette gyakuzuki no tsukkomi  
Nagashizuki  
Mawashigeri jodan  
Ushirogeri chudan  
Sokuto chudan

**Renrakuwaza**

Första till WIKF-svartbältesgradering  
Maegeri, Nagashizuki, Gyakuzuki, Mawashigeri  
Maegeri, Sokuto, Ushirogeri, Gyakuzuki

**Kumite**

Ohyogumite 6  
Ohyogumite 7  
Ohyogumite 8  
Kihongumite 1  
Kihongumite 2

Tekniker valda av examinatorn på dagen för gradering:  
En Sanbongumite maegeriuke 1-3  
En Sanbongumite jodanuke 1-2  
En Ohyogumite 1-3

**Kata**

Kushanku

**Jiyu kumite**

**Intressant för 3 Kyu**



Yoko seishan dachi

- SU indicates that a beginner must correctly copy all karate techniques from his instructor.
- HA means that after a number of years of training, when the karateka has attained a high degree black belt, he is allowed to develop new techniques provided they are improvements. This applies to all movements with the exception of basic techniques.
- RI is the highest form. It means that after an even longer period of training than for HA, the Karateka must be able to perform all forms of karate automatically, not stopping to think about his moves.

2:a kyu

**Kihon**

Kette junzuki  
Kette gyakuzuki  
Kette junzuki no tsukkomi  
Kette gyakuzuki no tsukkomi  
Nagashizuki  
Mawashigeri jodan  
Ushirogeri chudan  
Sokuto chudan

**Renrakuwaza**

Första till WIKF-svartbältesgradering  
Andra till WIKF-svartbältesgradering

**Kumite**

Kihongumite 3  
Kihongumite 4  
Kihongumite 5  
Kihongumite 6  
Ippongumite jodanuke 5  
Ippongumite jodanuke 6

Tekniker valda av examinatoren på dagen för gradering:  
En Sanbongumite maegeriuke 4-6  
En Sanbongumite jodanuke 3-4  
En Ohyogumite 1-8

**Kata**

Seishan  
Chinto

**Jiyu kumite**

**Intressant för 2 Kyu**

Tantodori

- Reisetsu O Mamori (*Stick to the rules*).  
In the dojo good etiquette must be observed by the following rules.
- Shingi O Omanji (*A student must have loyalty to his instructor*).  
This is the most important thing in Martial Arts. It is not possible for someone to change his style in Japanese Martial Arts - people who do so cannot learn the correct etiquette and spirit of Martial Arts.
- Jojitsu Ni Oberezu (*Teachers and students are not all one*).  
Outside the Dojo you can be friendly with your Sensei but do not take advantage of this friendship.
- Shinkenmi Ni Tesseyo (*Be serious in your efforts*).  
No flippancy, chattering, smoking, gum chewing, eating or drinking in the Dojo. Concentrate solely on Karate and train hard in everything you do. The dojo is not a social gathering hall and visitors as well as students shall respect the rules and Maxims.

1:a kyu



**Kihon**

Kette junzuki  
Kette gyakuzuki  
Kette junzuki no tsukkomi  
Kette gyakuzuki no tsukkomi  
Nagashizuki  
Mawashigeri jodan  
Ushirogeri chudan  
Sokuto chudan

**Renrakuwaza**

Första till WIKF-svartbältesgradering  
Andra till WIKF-svartbältesgradering  
Tredje till WIKF-svartbältesgradering

**Kumite**

Kihongumite 7  
Kihongumite 8  
Kihongumite 9

Tekniker valda av examinatorn på dagen för gradering:  
Två Sanbongumite maegeriuke 1-6  
Två Sanbongumite jodanuke 1-4  
Två Ohyogumite 1-8

**Kata**

Bassai  
Naihanchi

**Jiyu kumite**

## **Intressant för 1 Kyu**

**Repetition av tidigare ”Intressant”**

**Taikyoku shodan och alla Pinan Kata.**

**Tantodori och idori**

**Wado historia**

- Karate
- Shindo yoshin ryu
- Hironori Ohtsuka
- Tatsuo Suzuki