

WIKF GRADERINGSKOMPENDIUM

8 kyu rött bälte

KIHON (GRUNDTEKNIKER)

1. Junzuki - Mawate Jodan Uke
2. Gyakuzuki - Mawate Gedan Barai
3. Maegeri Chudan
4. Surikomi Maegeri Chudan
5. Sokuto Fumikomi

RENRAKU WAZA (KOMBINATIONER)

1. Maegeri Chudan -- Tobikomizuki
2. Surikomi Maegeri Chudan -- Tobikomizuki
3. Maegeri Chudan -- Gyakuzuki Chudan
4. Surikomi Maegeri Chudan -- Gyakuzuki Chudan

UKE (BLOCKERINGAR)

1. Chudan Soto Uke -- Gyakuzuki Chudan
2. Chudan Uchi Uke -- Gyakuzuki Chudan

7 kyu – gult bälte

KIHON (GRUNDTEKNIKER)

1. Junzuki no Tsukomi
2. Gyakuzuki no Tsukomi
3. Mawashigeri Chudan

RENRAKU WAZA (KOMBINATIONER)

1. Maegeri Chudan -- Mawashigeri Chudan -- Gyakuzuki Chudan
2. Surikomi Maegeri Chudan -- Mawashigeri Chudan -- Gyakuzuki Chudan

SANBONGUMITE (PARTEKNIKER)

1. Chudan Soto Uke
2. Chudan Uchi Uke
3. Chudan Maegeri Uke Ipponme
4. Chudan Maegeri Uke Nihonme

KATA (FORM)

1. Pinan Nidan

6 kyu – orange bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Surikomi Mawashigeri Chudan
5. Surikomi Sokuto Chudan

RENRAKU WAZA

1. Maegeri Chudan -- Sokuto Fumikomi -- Gyakuzuki Chudan
2. Surikomi Maegeri Chudan -- Sokuto Chudan-- Gyakuzuki Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Chudan Maegeri Uke Gohonme
4. Chudan Maegeri Uke Ropponme

OHYOGUMITE

1. Ipponme

KATA

1. Pinan Shodan
2. Pinan Sandan

JI YU KUMITE

5 kyu – grönt bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi
4. Kette Gyakuzuki no Tsukomi
5. Nagashizuki
6. Ushirogeri Gedan
7. Sokuto Chudan
8. Nidan Geri Jodan

RENRAKU WAZA

1. Mawashigeri Chudan-Ushirogeri Gedan-Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi-Ushirogeri Gedan-Uraken Jodan

SANBONGUMITE

1. Jodan Uke Sanbonme
2. Jodan Uke Yonhonme
3. Chudan Maegeri Uke Sanbonme
4. Chudan Maegeri Uke Yonhonme
5. Chudan Soto Uke
6. Chudan Uchi Uke

OHYOGUMITE

1. Nihonme

KATA

1. Pinan Sandan
2. Pinan Yodan

JI YU KUMITE

4 kyu – blått bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi
4. Kette Gyakuzuki no Tsukomi
5. Nagashizuki
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-Ushirogeri Gedan-Gyakuzuki Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Sanbonme
3. Chudan Soto Uke
4. Chudan Uchi Uke
5. Chudan Maegeri Uke Yonhonme
6. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Sanbonme

KATA

1. Pinan Yodan
2. Pinan Godan

JI YU KUMITE

3 kyu – brunt bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi
4. Kette Gyakuzuki no Tsukomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Sokuto Chudan

RENRAKU WAZA

1. Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
2. Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan
3. Surikomi Maegeri Chudan-Sokuto Fumikomi-Ushirogeri Chudan-Uraken Jodan

SANBONGUMITE

1. Jodan Uke Nihonme
2. Jodan Uke Yonhonme
3. Chudan Maegeri Uke Ipponme
4. Chudan Maegeri Uke Sanbonme
5. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Ipponme
2. Nihonme
3. Yohonme

KIHONGUMITE

1. Ipponme
2. Nihonme

KATA

1. Ku Shanku

JI YU KUMITE

2 kyu – brunt bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Nidan Geri Jodan

RENRAKU WAZA

1. Surikomi Maegeri Chudan-Nagashizuki Jodan-Mawashigeri Jodan
2. Maegeri Chudan-Sokuto Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
3. Zenshinshite Jodan-Chudan Renzuki-Surikomi Maegeri Chudan-Mawashigeri Chudan-Gyakuzuki Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Yonhonme
3. Chudan Soto Uke
4. Chudan Uchi Uke
5. Chudan Maegeri Uke Nihonme
6. Chudan Maegeri Uke Yonhonme
7. Chudan Maegeri Uke Ropponme

OHYOGUMITE

1. Sanbonme
2. Yonhonme
3. Gohonme

KIHONGUMITE

1. Sanbonme
2. Yonhonme

KATA

1. Ku Shanku
2. Nai Hanchi

JI YU KUMITE

1 kyu – brunt bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Surikomi Sokuto Jodan

RENRAKU WAZA

1. Zenshinshite Jodan-Chudan Renzuki-Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
2. Surikomi Jodan-Chudan Renzuki-Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Uraken Jodan
3. Zenshinshite Jodan-Chudan Renzuki-Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Jodan Uke Sanbonme
4. Chudan Soto Uke
5. Chudan Uchi Uke
6. Chudan Maegeri Uke Ipponme
7. Chudan Maegeri Uke Yonhonme
8. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Gohonme
2. Ropponme
3. Nanahonme

KIHONGUMITE

1. Ropponme
2. Nanahonme

KATA

1. Seishan
2. Chinto

JI YU KUMITE

1 – 4 dan – svart bälte

WIKF Dan Grading Syllabus 2011-2013

All candidates must apply for examination to the licensing officer, 2 weeks prior to the date scheduled for grading. Please state grade being taken and enclose your member license with the application form. It is understood that those requirements may differ slightly from country to country, especially with regard to the member's license.

Juniors can only grade to 1:st and 2:nd Dan

SHODAN: Regular practice as 1st Kyu minimum 9 months

NIDAN: Regular practice as Shodan minimum 18 months

SANDAN: Regular practice as Nidan minimum 3 years

YONDAN: Regular practice as Sandan minimum 4 years

Note! Candidates are required to bring WIKF Passport, to wear a clean white gi, and to bring sparring mitts, plus a pen for the written test.

Registration of Dan Grade

A grading application fee of £30 will be collected from all candidates prior the examination.

(Fee payable by successful candidates only):

SHODAN £120 NIDAN £130 SANDAN £140

YONDAN £170 GODAN £200 ROKUDAN £250

SICGIDAN £300

JUNIORS' SHODAN £70, JUNIORS' NIDAN £90

A WIKF stamp will placed for every grades taken. £1 each

KIHON: TSUKI, KERI 1. Kette Junzuki 2. Kette Gyakuzuki

3. Kette Junzuki no Tsukomi

4. Kette Gyakuzuki no Tsukomi 5. Nagashizuki 6. Jodan Mawashigeri 7. Chudan Ushirogeri 8. Surikomi Jodan Sokuto

1st - HIDARI HANMI GAMMAE:

EVADÉ MIGI/HIDARI, AYUMIASHI MIGI URAKEN - MIGI SURIKOMI CHUDAN SOKUTO - USHIRO AYUMIASHI JODAN MOROTE SHUTO NAGASHI UKE - MIGI CHUDAN HIZA TEN KAO GERI - HIDARI MAKIKOMI JODAN HIJI UCHI.

2nd -HIDARI HANMI GAMMAE:

HIDARI CHUDAN JODAN RENZUKI - MIGI CHUDAN GYAKUZUKI - HIDARI SURIKOMI CHUDAN MAEGERI - HIDARI JODAN NAGASHIZUKI - MIGI SONOBADE KAITEN ASHIBARAI - MIGI JODAN MAWASHIGERI - HIDARI GEDAN MAEGERI, JODAN MAWASHIGERI (renger) - MIGI CHUDAN GYAKUZUKI.

3rd - HIDARI HANMI GAMMAE:

HIDARI SHOOTEI JODAN NAGASHI UKE / HIDARI JODAN URAKEN - SONOBADE KAITEN CHUDAN URAKEN - GYAKU JODAN URAKEN (rensoku waza) - HIDARI USHIRO AYUMIASHI, MIGI JODAN HAISHUKE - HIDARI JODAN MAWASHIGERI - HIDARI ASHI BARAI - MIGI CHUDAN GYAKUZUKI.

SANBON KUMITE: Only for grades up to 3rd Dan, not for 4th Dan Jodan uke (2 + 3)
Maegeri Uke (3 + 5)

<u>KUMITE:</u>	<u>Ohyo Gumite</u>	<u>Kihon Gumite</u>	<u>Tanto Dori</u>	<u>Tachi Dori</u>	<u>Idori</u>
SHODAN:	1 + 3	2 + 6	none	none	none
NIDAN:	4 + 7	5 + 7	1 + 6	none	none
SANDAN:	5 + 6	9 + 10	4 + 9	none	3
YONDAN:	Any two	Any two	5 + 8	1 + 4	4

JIYU KUMITE AND WRITTEN TEST (all grades)