

# Edson Wado Kai Karate

## Grading Procedure

- 1 The grading must be requested by the student to the Chief Instructor at least 2 weeks prior to a requested grading date.
- 2 The student is encouraged to demonstrate each requirement for the next rank to the Chief Instructor prior to the grading.
- 3 Instructors will decide if the requirements have been fully taught to the student and the student is ready for the grading.

## Student's Commitment

- 1 I fully understand the requirements of the next rank
- 2 I was fully instructed on these requirements
- 3 I regularly practice these requirements outside of class
- 4 I will perform the requirements *as they were taught*

# Grading Requirement

## White to Yellow Belt

Name \_\_\_\_\_  
 Date \_\_\_\_\_  
 Last Grading \_\_\_\_\_  
 Age \_\_\_\_\_  
 Registration Book ID # \_\_\_\_\_

Sensei \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Written** 1 to 10 in Japanese.  
 What does "Sensei" mean? \_\_\_\_\_  
 What does "Karate" mean? \_\_\_\_\_

<b>Stances</b>	<b>Pass</b>	<b>Comment</b>		<b>Pass</b>	<b>Comment</b>
Hachiji-dachi			Musubi-dachi		
Kiba-dachi			Zenkutsu-dachi		

<b>Blocks</b>					
Age-uke			Soto-uke		
Gedan-barai			Tetsui-uke		
Hiza-uke			Ude-uke		

<b>Strikes</b>					
Gyaku-zuki			Teisho-uchi		
Oi-zuki					

<b>Kicks</b>					
Mae-geri			Yoko-geri		

<b>Kihon</b>	<b>Tai</b>					<b>Bunkai</b>	<b>Comment</b>
	<b>Form</b>	<b>Sabaki</b>	<b>Speed</b>	<b>Power</b>	<b>Timing</b>		
Kihon 1							
Ju Kihon 1							

<b>Kata</b>							
Pinan Shodan							

<b>Kumite</b>	<b>Control</b>	<b>Timing</b>	<b>Distance</b>	<b>Speed</b>	<b>Comment</b>
vs White belt					
vs Yellow belt					
vs Black Belt					

	<b>Pass</b>	<b>Comment</b>
Participation		
Tournament		

**General Comments**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Pass                  Repeat**

# Grading Requirement

## Yellow to Orange Belt

Name	_____	
Date	_____	Sensei
Last Grading	_____	_____
Age	_____	_____
Registration Book ID #	_____	_____

**Written**

What does Wado-Kai mean? \_\_\_\_\_

Who is the 10th Dan? \_\_\_\_\_

Who is the 9th Dan? \_\_\_\_\_

<b>Stances</b>	<b>Pass</b>	<b>Comment</b>	<b>Pass</b>	<b>Comment</b>
Kiba-dachi			Zenkutsu-dachi	
* Kokutsu-dachi				

<b>Blocks</b>			
Age-uke		* Shuto-uke	
Gedan-barai		Soto-uke	
Hiza-uke		Tetsui-uke	
* Morote-uke		Ude-uke	

<b>Strikes</b>			
Gyaku-zuki		Teisho-uchi	
* Nukite-uchi		* Tetsui-uchi	
Oi-zuki			

<b>Kicks</b>			
Mae-geri		Yoko-geri	
* Mawashi-geri			

<b>Kihon</b>	<b>Tai</b>					<b>Bunkai</b>	<b>Comment</b>
	<b>Form</b>	<b>Sabaki</b>	<b>Speed</b>	<b>Power</b>	<b>Timing</b>		
Kihon 1							
Kihon 2							
Ju Kihon 1							
Ju Kihon 2							

<b>Kata</b>							
Pinan Shodan							
Pinan Nidan							

<b>Kumite</b>	<b>Control</b>	<b>Timing</b>	<b>Distance</b>	<b>Speed</b>	<b>Comment</b>
vs Yellow belt					
vs Orange belt					
vs Black Belt					

<b>Other</b>	<b>Pass</b>	<b>Comment</b>	<b>Breaking</b>	<b>Pass</b>	<b>Comment</b>
Tournament			Uchi		
Participation			Geri		

**General Comments**

\_\_\_\_\_

\_\_\_\_\_

**Pass                  Repeat**

# Grading Requirement

## Orange to Green Belt

Name	_____	
Date	_____	Sensei
Last Grading	_____	_____
Age	_____	_____
Registration Book ID #	_____	_____

**Written**

What does "tai-sabaki" mean? \_\_\_\_\_

What does "bunkai" mean? \_\_\_\_\_

Name the 8 katas. \_\_\_\_\_

<b>Stances</b>	<b>Pass</b>	<b>Comment</b>		<b>Pass</b>	<b>Comment</b>
Kiba-dachi			* Neko-ashi-dachi		
Kokutsu-dachi			Zenkutsu-dachi		

<b>Blocks</b>					
Age-uke			Shuto-uke		
* Empi-uke			Soto-uke		
Gedan-barai			Tetsui-uke		
Hiza-uke			Ude-uke		
Morote-uke					

<b>Strikes</b>					
* Empi-uchi			* Tate-zuki		
Gyaku-zuki			Teisho-uchi		
Nukite-uchi			Tetsui-uchi		
Oi-zuki			* Uraken-uchi		

<b>Kicks</b>					
Mae-geri			* Ushiro-geri		
Mawashi-geri			Yoko-geri		
* Mikazuki-geri					

<b>Tai</b>							
<b>Kihon</b>	<b>Form</b>	<b>Sabaki</b>	<b>Speed</b>	<b>Power</b>	<b>Timing</b>	<b>Bunkai</b>	<b>Comment</b>
Kihon 1-2							
Kihon 3							
Kihon 4							
Ju Kihon 1-2							
Ju Kihon 3							
Ju Kihon 4							

<b>Kata</b>							
Pinan Shodan-Nidan							
Pinan Sandan							

<b>Kumite</b>					
	<b>Control</b>	<b>Timing</b>	<b>Distance</b>	<b>Speed</b>	<b>Comment</b>
vs Orange belt					
vs Green belt					
vs Black Belt					

<b>Other</b>	<b>Pass</b>	<b>Comment</b>	<b>Breaking</b>	<b>Pass</b>	<b>Comment</b>
Tournament Participation			Uchi Geri		

Pass Repeat

# Grading Requirement

## Green to Blue Belt

Sensei

Name \_\_\_\_\_

Date \_\_\_\_\_

Last Grading \_\_\_\_\_

Age \_\_\_\_\_

Registration Book ID # \_\_\_\_\_

Sensei

<b>Stances</b>	<b>Pass</b>	<b>Comment</b>		<b>Pass</b>	<b>Comment</b>
* Juji-dachi			Neko-ashi-dachi		
Kiba-dachi			* Ura Neko-ashi-dachi		
Kokutsu-dachi			Zenkutsu-dachi		

### Blocks

Age-uke			Morote-uke		
Empi-uke			Shuto-uke		
Gedan-barai			Soto-uke		
Hiza-uke			Tetsui-uke		
* Juji-uke			Ude-uke		

### Strikes

Empi-uchi			Tate-zuki		
Gyaku-zuki			Teisho-uchi		
* Haito-uchi			Tetsui-uchi		
* Hiza-uchi			Uraken-uchi		
Nukite-uchi			* Ura-zuki		
Oi-zuki					

### Kicks

Mae-geri			* Tobi-geri		
Mawashi-geri			Ushiro-geri		
Mikasuki-geri			Yoko-geri		

### Tai

<b>Kihon</b>	<b>Form</b>	<b>Sabaki</b>	<b>Speed</b>	<b>Power</b>	<b>Timing</b>	<b>Bunkai</b>	<b>Comment</b>
Kihon 1-4							
Kihon 5							
Kihon 6							
Ju Kihon 1-4							
Ju Kihon 5							
Ju Kihon 6							

### Kata

Pinan Shodan-Sandan							
Pinan Yodan							

### Kumite

#### Control Timing Distance Speed Comment

vs Green belt					
vs Blue belt					
vs Black Belt					

### Other

#### Pass Comment

#### Breaking Pass Comment

Tournament Participation			Uchi		
			Geri		

Pass

Repeat

# Grading Requirement

## Green to Blue Belt

Name \_\_\_\_\_  
Date \_\_\_\_\_

### Written

What are the 5 dojo kun?

1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_

4 \_\_\_\_\_  
\_\_\_\_\_

5 \_\_\_\_\_  
\_\_\_\_\_

# Grading Requirement

## Blue to Brown Belt

Name \_\_\_\_\_  
 Date \_\_\_\_\_  
 Last Grading \_\_\_\_\_  
 Age \_\_\_\_\_  
 Registration Book ID # \_\_\_\_\_

Sensei \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

<b>Stances</b>	<b>Pass</b>	<b>Comment</b>		<b>Pass</b>	<b>Comment</b>
Juji-dachi			Neko-ashi-dachi		
Kiba-dachi			Ura Neko-ashi-dachi		
Kokutsu-dachi			Zenkutsu-dachi		

### Blocks

Age-uke			Morote-uke		
Empi-uke			Shuto-uke		
Gedan-barai			Soto-uke		
Hiza-uke			Tetsui-uke		
Juji-uke			Ude-uke		

### Strikes

* Ashi-barai			* Shuto-uchi		
Empi-uchi			Tate-zuki		
Gyaku-zuki			Teisho-uchi		
Haito-uchi			Tetsui-uchi		
Hiza-uchi			Uraken-uchi		
Nukite-uchi			Ura-zuki		
Oi-zuki					

### Kicks

Mae-geri			Tobi-geri		
Mawashi-geri			* Tobi-ushiro-geri		
Mikasuki-geri			Ushiro-geri		
* Nidan-geri			Yoko-geri		

### Tai

<b>Kihon</b>	<b>Form</b>	<b>Sabaki</b>	<b>Speed</b>	<b>Power</b>	<b>Timing</b>	<b>Bunkai</b>	<b>Comment</b>
Kihon 1-6							
Kihon 7							
Kihon 8							
Ju Kihon 1-6							
Ju Kihon 7							
Ju Kihon 8							

### Kata

Pinan Shodan-Yodan							
Pinan Godan							

### Kumite

#### Control Timing Distance Speed Comment

vs Blue belt					
vs Brown belt					
vs Black Belt					

### Other

#### Pass Comment

#### Breaking Pass Comment

Tournament Participation			Uchi		
			Geru		

Pass

Repeat

# Grading Requirement

## Blue to Brown Belt

Name \_\_\_\_\_

Date \_\_\_\_\_

### Written

Write or draw the 36 vital points?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_
- 11 \_\_\_\_\_
- 12 \_\_\_\_\_
- 13 \_\_\_\_\_
- 14 \_\_\_\_\_
- 15 \_\_\_\_\_
- 16 \_\_\_\_\_
- 17 \_\_\_\_\_
- 18 \_\_\_\_\_
- 19 \_\_\_\_\_
- 20 \_\_\_\_\_
- 21 \_\_\_\_\_
- 22 \_\_\_\_\_
- 23 \_\_\_\_\_
- 24 \_\_\_\_\_
- 25 \_\_\_\_\_
- 26 \_\_\_\_\_
- 27 \_\_\_\_\_
- 28 \_\_\_\_\_
- 29 \_\_\_\_\_
- 30 \_\_\_\_\_
- 31 \_\_\_\_\_
- 32 \_\_\_\_\_
- 33 \_\_\_\_\_
- 34 \_\_\_\_\_
- 35 \_\_\_\_\_
- 36 \_\_\_\_\_

