



**S.E.M.K.A**

**DAN**

**GRADE**

**SYLLABUS**

**S E M K A W A D O R Y U K A R A T E 2010**  
**1ST DAN GRADE SYLLABUS**

**KIHON, TSUKI AND KERI (BASIC TECHNIQUES)**

- 1) Kette-Junzuki
- 2) Kette-Gyakuzuki
- 3) Kette-Junzuki No Tsukkomi
- 4) Kette-Gyakuzuki No Tsukkomi
- 5) Tobikomizuki Jodan
- 6) Nagashizuki Jodan
- 7) Mawashigeri-jodan
- 8) Sokuto-jodan
- 9) Ushirogeri-chudan
- 10) Nidangeri-jodan

**RENRAKU WAZA (COMBINATION TECHNIQUES)**

- 1) Zenshinshite-jodan–Renzuki-chudan –Maegeri-chudan– Mawashigeri-jodan – Ushirogeri-chudan –Uraken-uchi-jodan
- 2) Surikomi-jodan–Renzuki-chudan–Surikomi-sokuto-jodan– Ushirogeri-chudan – Gyakuzuki-chudan
- 3) Zenshinshite-jodan–Renzuki-chudan –Maegeri-chudan– Nagashizuki-jodan–Gyakuzuki-chudan– Mawashigeri-jodan– Ushirogeri-chudan – Uraken-uchi-jodan

**UKE (BLOCKS)**

**SANBON GUMITE**(all ages)

Jodan Uke Ipponme (1)Nihonme (2) Sanbonme (3) Yonhonme (4).Gohonme (5) Ropponme (6)  
Maegeri Uke Ipponme (1)Nihonme (2) Sanbonme (3)Yonhonme (4).Gohonme (5) Ropponme (6)

**OHYO GUMITE** (all ages) Ipponme (1) Nihonme (2) Sanbonme (3) Yonhonme (4).

**KIHON GUMITE** (All ages)Ipponme (1) Nihonme (2) Sanbonme (3) Yonhonme (4)

**SEMKA IPPON BLOCKS**

Ipponme(1) (under 16) Nihonme(2)(under 16)Sanbonme (3)Yonhonme (4)Gohonme, (5) Ropponme(6)

**KUMITE GATA** Ipponme(1) (under 16) Nihonme(2)(under 16)Sanbonme (under 16) (3)Yonhonme (4)Gohonme, (5) Ropponme(6)

**STUDENTS OWN BLOCKS**

**Four blocks of student's own defence against** 1) Short Stick (under16) 2) Knife (over 16).

**BUNKAI** Student to show the Bunkai of any Kata. (All ages)

**KATA**

At least three Kata will be selected from the first nine, as Examiner/s choice.

**KATA**

Bassai, Wanshu

**GOSHIN JUTSU KUMITE (SELF DEFENCE)** (All ages)

Against one and two attacks

**JI YU KUMITE (FREE FIGHTING)** (All ages)

**HIKKI-SHIKEN**

Written test.

**SEMKA WADORYU KARATE 2010**  
**2ND DAN JUNIOR GRADE SYLLABUS**

**KIHON, TSUKI AND KERI (BASIC TECHNIQUES)**

- 1) Kette-Junzuki
- 2) Kette-Gyakuzuki
- 3) Kette-Junzuki No Tsukkomi
- 4) Kette-Gyakuzuki No Tsukkomi
- 5) Tobikomizuki Jodan
- 6) Nagashizuki Jodan
- 7) Mawashigeri-jodan
- 8) Sokuto-jodan
- 9) Ushirogeri-chudan
- 10) Nidangeri-jodan

**RENRAKU WAZA (COMBINATION TECHNIQUES)**

- 1) Zenshinshite-jodan–Renzuki-chudan –Maegeri-chudan– Mawashigeri-jodan – Ushirogeri-chudan –Uraken-uchi-jodan
- 2) Surikomi-jodan–Renzuki-chudan–Surikomi-sokuto-jodan– Ushirogeri-chudan – Gyakuzuki-chudan
- 3) Zenshinshite-jodan–Renzuki-chudan –Maegeri-chudan– Nagashizuki-jodan–Gyakuzuki-chudan– Mawashigeri-jodan– Ushirogeri-chudan – Uraken-uchi-jodan

**UKE (BLOCKS)**

**SANBON GUMITE**

Jodan Uke Ipponme (1)Nihonme (2) Sanbonme (3) Yonhonme (4).Gohonme (5) Ropponme (6)  
Maegeri Uke Ipponme (1)Nihonme (2) Sanbonme (3)Yonhonme (4).Gohonme (5) Ropponme (6)

**OHYO GUMITE** Gohonme, Ropponme, Nanhonme, Naponme.

**KIHON GUMITE** Gohonme Ropponme, Nanhonme, Naponme, Kyuhonme, Jupponme.

**KUMITE GATA** Yonhonme, Gohonme, Ropponme

**SEMKA IPPON BLOCKS**

|          |          |           |           |
|----------|----------|-----------|-----------|
| Ipponme, | Nihonme, | Sanbonme, | Yonhonme, |
| Gohonme, | Ropponme |           |           |

**KATA**

Examiner choice of 1 Pindan Kata from      Examiners choice of 3 Kata from

|        |               |
|--------|---------------|
| Nidan  | Kushanku      |
| Shodan | Naihanchi     |
| Sandan | Seishan       |
| Yodan  | Chinto        |
| Godan  | Bassai Wanshu |

**KATA 2** Bushido      Ni, Sei, Shi      Rohai

**GOSHIN JUTSU KUMITE (SELF DEFENCE)**

Against one, two and three attackers.

**JI YU KUMITE (FREE FIGHTING)**

**HIKKI-SHIKEN**

**SEMKA WADORYU KARATE**  
**2ND DAN SENIOR GRADE SYLLABUS 2010**

**KIHON, TSUKI AND KERI (BASIC TECHNIQUES)**

- 1) Kette-Junzuki
- 2) Kette-Gyakuzuki
- 3) Kette-Junzuki No Tsukkomi
- 4) Kette-Gyakuzuki No Tsukkomi
- 5) Tobikomizuki Jodan
- 6) Nagashizuki Jodan
- 7) Mawashigeri-jodan
- 8) Sokuto-jodan
- 9) Ushirogeri-chudan
- 10) Nidangeri-jodan

**RENRAKU WAZA (COMBINATION TECHNIQUES)**

- 1) Zenshinshite-jodan–Renzuki-chudan –Maegeri-chudan– Mawashigeri-jodan – Ushirogeri-chudan –Uraken-uchi-jodan
- 2) Surikomi-jodan–Renzuki-chudan–Surikomi-sokuto-jodan– Ushirogeri-chudan – Gyakuzuki-chudan
- 3) Zenshinshite-jodan–Renzuki-chudan –Maegeri-chudan– Nagashizuki-jodan–Gyakuzuki-chudan– Mawashigeri-jodan– Ushirogeri-chudan – Uraken-uchi-jodan

**UKE (BLOCKS)**

**SANBON GUMITE**

Jodan Uke Ipponme (1)Nihonme (2) Sanbonme (3) Yonhonme (4).Gohonme (5) Ropponme (6)  
Maegeri Uke Ipponme (1)Nihonme (2) Sanbonme (3)Yonhonme (4).Gohonme (5) Ropponme (6)

**OHYO GUMITE** Gohonme, Ropponme, Nanhonme, Naponme.

**KIHON GUMITE** Gohonme Ropponme, Nanhonme, Naponme, Kyuhonme, Jupponme.

**SEMKA IPPON BLOCKS**

Nanhonme, Naponme. Jupponme, Kyuhonme, Ipponipponme Nihonnihonme

**KIHON GATA**

Nanhonme, Naponme. Jupponme, Kyuhonme, Ipponipponme Nihonnihonme

**KATA**

|                                       |                                 |
|---------------------------------------|---------------------------------|
| Examiner choice of 1 Pindan Kata from | Examiners choice of 3 Kata from |
| Nidan                                 | Kushanku                        |
| Shodan                                | Naihanchi                       |
| Sandan                                | Seishan                         |
| Yodan                                 | Chinto                          |
| Godan                                 | Bassai Wanshu                   |

**KATA 2** Bushido Ni, Sei, Shi Rohai

**GOSHIN JUTSU KUMITE (SELF DEFENCE)**Against one, two and three attackers.

**JI YU KUMITE (FREE FIGHTING)**

**S E M K A W A D O R Y U K A R A T E 2010**  
**3RD DAN GRADE SYLLABUS**

**KIHON, TSUKI AND KERI (BASIC TECHNIQUES)**

- 1) Kette-Junzuki
- 2) Kette-Gyakuzuki
- 3) Kette-Junzuki No Tsukkomi
- 4) Kette-Gyakuzuki No Tsukkomi
- 5) Tobikomizuki Jodan
- 6) Nagashizuki Jodan
- 7) Mawashigeri-jodan
- 8) Sokuto-jodan
- 9) Ushirogeri-chudan
- 10) Nidangeri-jodan

**RENRAKU WAZA (COMBINATION TECHNIQUES)**

- 1) Zenshinshite-jodan–Renzuki-chudan –Maegeri-chudan– Mawashigeri-jodan – Ushirogeri-chudan –Uraken-uchi-jodan
- 2) Surikomi-jodan–Renzuki-chudan–Surikomi-sokuto-jodan– Ushirogeri-chudan – Gyakuzuki-chudan
- 3) Zenshinshite-jodan–Renzuki-chudan –Maegeri-chudan– Nagashizuki-jodan–Gyakuzuki-chudan– Mawashigeri-jodan– Ushirogeri-chudan – Uraken-uchi-jodan

**SANBON GUMITE**

Jodan Uke Ipponme (1) Nihonme (2) Sanbonme (3) Yonhonme (4). Gohonme (5)  
Ropponme (6)

Maegeri Uke Ipponme (1) Nihonme (2) Sanbonme (3) Yonhonme (4). Gohonme (5)  
Ropponme (6)

**OHYO GUMITE**

Ipponme, Nihonme, Sanbonme, Yonhonme,  
Gohonme, Ropponme, Nanhonme, Napponme.

**KIHON GUMITE**

Ipponme, Nihonme, Sanbonme, Yonhonme,  
Gohonme, Ropponme, Nanhonme, Napponme.  
Jupponme, Kyuhonme.

**KIHON GATA**

Ipponme, Nihonme, Sanbonme, Yonhonme,  
Gohonme, Ropponme, Nanhonme, Napponme.  
Jupponme, Kyuhonme, Ipponipponme Nihonnihonme

**KATA**

Examiner choice of 1 Pindan Kata from  
Nidan, Shodan, Sandan, Yodan, Godan

Examiner choice of 6 Kata from  
Kushanku, Naihanchi, Seishan, Chinto, Bassai, Wanshu, Bushido,  
Ni, Sei, Shi, Rohai

Jitte, Jihan, Jiin,

**GOSHIN JUTSU KUMITE (SELF DEFENCE)**

Against one, two and three attackers some with weapons.

**JI YU KUMITE (FREE FIGHTING)(under 40) .**

**HIKKI-SHIKEN**

**S E M K A W A D O R Y U K A R A T E 2010**  
**4th DAN GRADE SYLLABUS**

**SANBON GUMITE**

|             |                                                                                |  |  |  |
|-------------|--------------------------------------------------------------------------------|--|--|--|
| Jodan Uke   | Ipponme (1) Nihonme (2) Sanbonme (3) Yonhonme (4). Gohonme (5)<br>Ropponme (6) |  |  |  |
| Maegeri Uke | Ipponme (1) Nihonme (2) Sanbonme (3) Yonhonme (4). Gohonme (5)<br>Ropponme (6) |  |  |  |

**OHYO GUMITE**

|                      |                       |                        |                        |
|----------------------|-----------------------|------------------------|------------------------|
| Ipponme,<br>Gohonme, | Nihonme,<br>Ropponme, | Sanbonme,<br>Nanhonme, | Yonhonme,<br>Napponme. |
|----------------------|-----------------------|------------------------|------------------------|

**KIHON GUMITE**

|                                   |                                    |                        |                        |
|-----------------------------------|------------------------------------|------------------------|------------------------|
| Ipponme,<br>Gohonme,<br>Jupponme, | Nihonme,<br>Ropponme,<br>Kyuhonme. | Sanbonme,<br>Nanhonme, | Yonhonme,<br>Napponme. |
|-----------------------------------|------------------------------------|------------------------|------------------------|

**SEMKA IPPON**

|                                   |                                    |                                        |                                        |
|-----------------------------------|------------------------------------|----------------------------------------|----------------------------------------|
| Ipponme,<br>Gohonme,<br>Jupponme, | Nihonme,<br>Ropponme,<br>Kyuhonme, | Sanbonme,<br>Nanhonme,<br>Ipponipponme | Yonhonme,<br>Napponme.<br>Nihonnihonme |
|-----------------------------------|------------------------------------|----------------------------------------|----------------------------------------|

**KIHON GATA**

|                                   |                                    |                                        |                                        |
|-----------------------------------|------------------------------------|----------------------------------------|----------------------------------------|
| Ipponme,<br>Gohonme,<br>Jupponme, | Nihonme,<br>Ropponme,<br>Kyuhonme, | Sanbonme,<br>Nanhonme,<br>Ipponipponme | Yonhonme,<br>Napponme.<br>Nihonnihonme |
|-----------------------------------|------------------------------------|----------------------------------------|----------------------------------------|

**KATA**

At least three Kata will be selected from the first nine, as Examiner/s choice.

Bassai, Wanshu, Ni-sei-shi

**STUDENTS OWN BLOCKS**

Six blocks of student's own defence against any kind of Weapon(S)