

Wado ryu syllabus

Kihon (basic techniques)

Demonstrate the following stances:

Attention stance
Ready stance
Horse riding stance
Sumo stance
Cat stance
Forward leaning stance

Demonstrate the following blocks whilst in ready stance:

Upper block
Lower body sweep
Inner block
Cross block

Demonstrate straight punch whilst performing horse riding stance.
(with and without a Kiai)

Demonstrate front snap kick in forward leaning stance.

Recite one to five in Japanese

1-5

Ichi / Ni / Sun / Shi / Go