



British Wadokai Karate-do Federation



British Wadokai Kyu Gradings – PLUS -*What do I need to know and bring?*

Your grading, especially the first grading, is probably one of your biggest steps in your Martial-arts career. For many, it's probably the first one they remember the most. To make life a little easier for you we have compiled some information below that may help on your first step on the 'grade ladder'.

Promotion.

Belts are achieved through dedicated practise and training. Once a student understands all that he requires for his next grade, and the 'time-served' for each level has been completed, then the student may be put forward for his grading to the next belt level.

For your 1st grading you will be allowed a certain amount of 'flexibility' with your test. For example: With the reciting of the Dojo-kun, you will not be expected to be 'word perfect' in the pronunciation and reciting. Your belt knot may not be retied 100%, or you may need a little assistance during your performance. Technically you may experience some 'nerves' and make a few errors. This is all quite normal. Your examiners are there to help you, and will give some 'guidance' and 'pointers' if things are getting a bit difficult.

To progress in Wado Karate.

Once a Green-belt has been achieved a student should be training and practising, under instruction at a Dojo, at least twice a week (at least three times a week for Brown and 1st to 3rd Dan Black-belts). *All training should be along with the usual continual home-training.* Knowledge is ongoing and intense the further the student progresses up the grade ladder. All previous grade aspects and knowledge of training should also be retained in order to pass this knowledge down to the lower graded students.

Only students, who show serious dedicated practise, and a good working knowledge of their next level, will be considered for promotion.

On the day you will need to bring:

1. Licence, Training Fee plus Grading & Registration Fee of £15 (if you fail, your next grading attempt will be free, *if under the same Examiner*).
2. Clean white Karate-gi. Females, and students with special medical conditions, may be permitted to wear a T-shirt (white) under their Gi top. Association/Club Badge, if worn, should be on the left breast and/or left arm. No 'unofficial' badges will be permitted.
3. Grade syllabus (good for that last minute revision, etc.).
4. Bogu (fighting protection). Required for gradings of 6th Kyu & above.

Official British Wadokai Kyu grade rank colours.



Upon a pass or fail, you will be informed of your results during formal line-up after the grading. Awards night will be the following training session after the grading; this is where you will be awarded your certificate and new belt (if applicable). These will be awarded & presented to you free of charge.

Official British Wadokai Yudan grade rank colours.

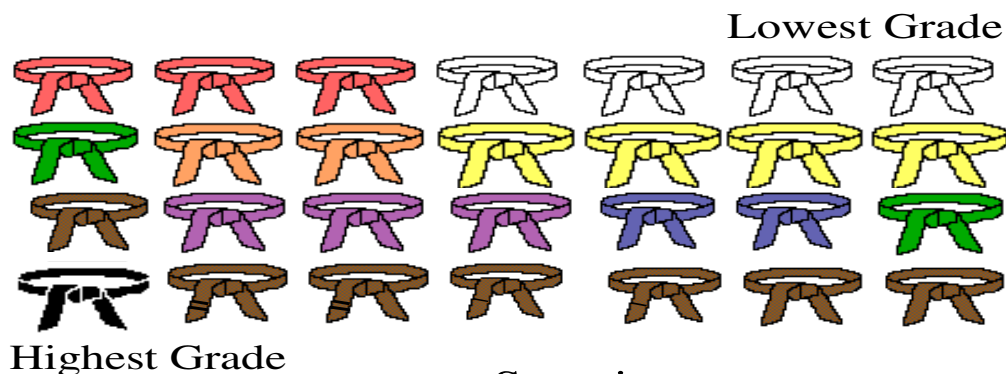


Yudansha (11 years & above). *There is no belt discrimination between Yudansha grades.* Yudan Shinsa are performed at private grading facilities. *See Date Section for details.*

Bowing on/off Procedure

The 'traditional' method of lining up in the Dojo is quite simple. On the command of 'Seiretsu' students must line-up quickly and quietly in the proper grade/rank order (highest ranks starting from the front-right working down to the lowest ranks on the rear-left) *in equal rank & file* in the Kiritsu (informal attention) position (Musubi-dachi), as per diagram. You must not pass in front of higher graded ranks to do so, filter in from the rear and side of your own line. All Sensei stand facing the rank & file of students. In the event that there is more than one Sensei, the highest graded Sensei would usually be positioned at the left of the lower ranked Sensei (this would then be in correct rank position during the 'Shomen-ni-rei', where the highest ranks must be on the right in the line up).

Shimoza



Sensei



Kamiza

Bowing-on Procedure

Sensei: 'Seiretsu' (line up in correct ranks and files). Sensei 'signals' the Sempai to acknowledge the start of the bowing-on procedure.

Sempai: 'Seiza' (all knee).

Sensei: 'Dojo kun' (Dojo maxims).

Deshi: 'Dojo Kun' (acknowledgement of command.).

Sensei: 'Reisetsu O Mamori' (stick to the rules of the Dojo).

Deshi: 'Reisetsu O Mamori'.

Sensei: 'Shingi O Omanji' (be loyal to your Instructor).

Deshi: 'Shingi O Omanji.'

Sensei: 'Jojitsu Ni Oberesu' (students & Instructors are not all one, never take advantage of his friendship).

Deshi: 'Jojitsu Ni Oberesu.'

Sensei: 'Shinkenmi Ni Tesseyo' (be serious in your efforts).

Deshi: 'Shinkenmi Ni Tesseyo'.

Sensei: 'Mokuso' (quiet thought) - *Students and Instructors shut their eyes for a moment of meditation to clear the mind of outside distractions etc., concentrating on the task ahead of serious Karate training and the concepts of the Dojo-kun.*

Sensei: 'Mokuso Yamae' (stop meditating) - *all students and instructors open their eyes and look to the front. The Sensei will turn to face the Shomen (front), towards the Kamiza (shrine).*

Sempai: Shomen Ni Rei (bow to the front) - all bow.

The Sensei turns to face the class.

Sempai: 'Sensei Ni Rei' (bow to the Instructor) - all bow.

Sempai: 'Otaga Ni Rei' (bow to each other) - Deshi bow.

Sempai: 'Kiritsu' (come to attention) - all must stand at once, with the Sensei, to the attention stance - Musubi Dachi) - all bow together with the Sensei.

RULES OF THE DOJO

1. Students must always arrive, dressed and ready to train, at least 5-minutes BEFORE the class starts. If you are unavoidably late for the 'bow-on': a. Bow to enter the Dojo. b. Kneel at the Dojo entrance and recite the Dojo-kun in your mind. c. Perform the 'bow-on' sequence. d. Stand, then bow towards the Sensei (Tachi-rei). e. Wait for the Sensei to acknowledge your presence BEFORE joining the class.
2. Tachi-rei (standing bow). Always bow upon: a. Entering and leaving the Dojo. b. Before and after addressing your Sensei, or, if your Sensei is addressing you. c. Before and after performing various techniques with each other.
3. If the Sensei is not present, the Sempai (the most senior of the class) will start the class. All students must follow the Sempai as though he were the Sensei.
4. You must inform your Sensei/Sempai of any kind of medical condition, or injury, as a student may be advised that a doctor's advice may be required prior to (continuing) training.
5. During the session, students must work with an attitude of seriousness and complete concentration. Laughing and talking cannot be permitted. Silence and seriousness during the session are the two rules that must be followed if a high level of training is to be sustained.
6. Unless training has commenced, all students must bow to Yudansha upon their arrival to the Dojo.
7. Rapid movement is an essential part of the training, even as it pertains to lining up on command. This habit of moving quickly, without wasted motion and effort, will also help keep the class working smoothly.

8. When not training, i.e. during breaks etc. Students must sit crossed-legged against the wall in the Shimoza (lower-house) area of the Dojo, or in the designated resting area/s.
9. You must always wear a clean & pressed white Gi. Badges (Association/Club) must be worn on the left-side of your Gi (chest/arm). Other badges, as country representation badges etc., may be worn on the right sleeve (*these are only issued & supplied by your Sensei*).
10. Only females, and students with special medical conditions, may be permitted to wear a T-shirt (white) under their Gi top.
11. No student should leave the Dojo during the session; unless he has prior permission from a Sensei or Sempai to do so (this is for reasons of good etiquette as well as Health & Safety).
12. On the command of 'Seiretsu' students must line-up quickly and quietly in the proper grade/rank order in the Kiritsu (informal attention) position (Musubi-dachi). You must not pass in front of higher graded ranks to do so, filter in from the rear and side of your own line.
13. If a student must stop work, for any reason, then he must obtain permission from his Sensei.
14. All students must reply 'Hai-Sensei' after a command has been given. During training, if you are approached by a Sensei for any reason, i.e. adjusting your technique etc., you must acknowledge the Sensei with 'Hai-Sensei'.
15. Each student must report when temporarily discontinuing lessons, this is good etiquette.
16. If at any-time during training the student requires to adjust his Obi or Gi, he must go down on one knee to do the adjustment. On serious adjustments the student may require to leave the ranks to go to the side of the Dojo, again, drop onto one knee for the adjustment/s.
17. Seniority system: All students must be aware that a higher ranked member to you is your senior, and must be obeyed as such while in the Dojo. Brown-Belts and lower graded Black-Belts must be referred to as **SEMPAI** at all times. They are the Dojo 'Police-force' and are responsible for the discipline in the Dojo, so 'ongoing' knowledge of the Dojo rules is of paramount importance (every Sempai must have a copy of the Dojo rules to 'hand'). Young as well as older Sempai MUST show a good example. *Examples are always followed*. Black-belts of 3rd Dan & above, and/or any Black-belt who is teaching, is referred to as **SENSEI** at all times. During practise no student should go directly to the Sensei without first attempting to gain the necessary knowledge from the next grade up. Each student, however, should make the necessary endeavours to learn the answers from continued practise and observations. The Sensei should be consulted ONLY as a final option.
18. The motto of the Dojo. Practise hard in order to master the techniques of true Karate-do.
19. Finger and toe-nails are to be kept short and clean.
20. No drinking, eating, smoking and no jewellery to be worn in the Dojo. Any jewellery, i.e. a bracelet/ring etc., that is difficult or impossible to remove MUST be safely covered.
21. A student who has undergone surgery, or who suffers from any kind of serious medical condition or injury, will not be permitted into Jiyu-gumite, or any form of stamina training. Your Sensei, as well as your working partner/s, must also be made aware of any condition.
22. Respect and revere your parents and elders, respect other people. Respect property and all life. Also, respect *yourself*.
23. A Sensei is always a Sensei, not just while he wears a Gi. He must be respected inside as well as outside the Dojo. If he is also your friend, *do not take advantage of his friendship*.
24. Never use Karate outside the Dojo, unless for self-defence. Understand the concepts of Karate-ni-Sentenashi.

DOJO-KUN

REISETSU-O-MAMORI: Stick to the rules of the Dojo.

SHINGI-O-OMANJI: Be loyal to your Instructor.

JOJITSU-NI-OBERESU: Students and Instructors are not all one, *never take advantage of his friendship*.

SHINKENMI-NI-TESEYO: Be serious in your efforts.

BAN

Instruction and commands are given in Ban - 'Number/s'. These types, and methods of counting with numbers, include:

Finger Counting: 1 – 10; Ichi, Ni, San, Shi (Yon), Go, Roku, Shichi (Nana), Hachi, Kyu (Ku), Ju.

11 – 20; Ju-Ichi, Ju-Ni, Ju-San, Ju-Shi, Ju-Go, Ju-Roku, Ju-Shichi, Ju-Hachi, Ju-Kyu, Ni-Ju.

21 – 30; Ni-Ju-Ichi, Ni-Ju-Ni, Ni-Ju-San, Ni-Ju-Shi, Ni-Ju-Go, Ni-Ju-Roku, Ni-Ju-Shichi, Ni-Ju-Hachi, Ni-Ju-Kyu, San-Ju.

31 – 40; San-Ju-Ichi, San-Ju-Ni, San-Ju-San, San-Ju-Go, San-Ju-Roku, San-Ju-Shichi, San-Ju-Hachi, San-Ju-Kyu, Yon-Ju.

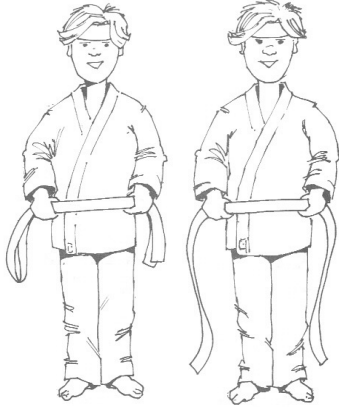
41 – 50; Yon-Ju-Ichi, Yon-Ju-Ni, Yon-Ju-San, Yon-Ju-Shi, Yon-Ju-Go, Yon-Ju-Roku, Yon-Ju-Shichi, Yon-Ju-Hachi, Yon-Ju-Kyu, Go-Ju.

1st – 10th: Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme, Nanahonme, Naponme, Kyuhonme, Jupponme.

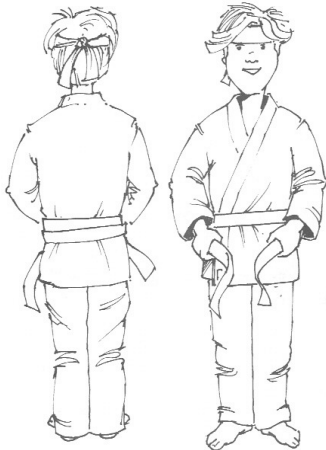
Level: Shodan, Nidan, Sandan, Yodan (Yondan), Godan, Rokudan, Shichidan, Hachidan, Kyudan, Judan.



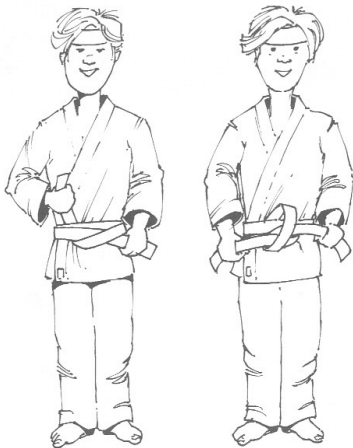
Wearing your belt (Obi).



The correct and traditional WADO method of tying your Obi. Fold your Obi in half and place the centre fold to the middle of your tummy.



Wrap it around your back crossing it over to give your lower back extra support. Bring the two ends back around to the front.



Cross them over (right over left and under) and tuck the outside length under all the others so you are left with one at the top and one at the bottom. Take the one at the top, in your left hand, (left over right and through) around the one at the bottom, in your right hand, and pull tight to the sides.