



*To be handed to the Instructor/s after each specialised training session.*  
British Wadokai Standardisation Karate Course. Part 1, 2, 3 & 4

Essential Requirements to Members applying for Yudan Shinsa. *Please ensure that this Record Sheet also accompanies the relevant Yudan Shinsa Application Form.*

Elements:

Part 1: All Wado Kata from Pinan to Hakoishi-Suparinpei.

Part 2: Sanbon-gumite, Ohyo-gumite, and Kihon-gumite.

Part 3: Idori-no-kata (kneeling defence), Tanto-dori-no-kata (knife defence), Muto-dori-no-kata (sword defence).

1 of each consecutive Part 1, 2, 3 & 4 Courses required for Shodan.

2 of each consecutive Part 1, 2, 3 & 4 Courses required for Nidan.

3 of each consecutive Part 1, 2, 3 & 4 Courses required for Sandan.

4 of each consecutive Part 1, 2, 3 & 4 Courses required for Yodan.

5 of each consecutive Part 1, 2, 3 & 4 Courses required for Godan.

Please indicate, *with the date*, British Wadokai Standardisation Course/s attended. Also ensure Instructor Signature & Date is endorsed on front page. See BWK Constitution for further details.

Part 1	Part 2	Part 3	Part 4

#### Wado-ryu Courses

Any course organised or promoted by the British Wadokai Karate-do Federation may also be included on the front page.

All Courses are open to licensed members of all grades and ages. For information and details of any forthcoming event/s, please refer to the British Wadokai Date Section, available from your instructor/secretary.

For further information you can also find us on the British Wadokai website: <http://www.wadokai.co.uk/>