KARATE WADO KAIZEN ACADEMY

EXAMS

KYU

K W K A

OFFICIAL

TECHNICAL PROGRAM

Preface

Every School of Martial Arts has its own path of growth, built over time through experience, method and values. The KYU exam program is the trace of this journey: a technical reference, but also a means to cultivate discipline, awareness and respect. ***Principles that make up the very essence of our Academy.*** *Exams are not a point of arrival, but stages of a personal and collective journey. Through them, the student measures their own commitment, their perseverance and their ability to turn technique into attitude and training into inner growth. Each instructor, within their own School, adapts the program to the characteristics of their students, respecting the common guidelines that safeguard the identity of the Academy. My role as Chief Instructor is to guarantee consistency and continuity among the various schools, bringing my presence to the exams not only as a technical verification, but as a sign of unity and of sharing a path that binds us all under the same emblem. I wish every practitioner to experience each exam as a moment of sincere growth, of self-confrontation and of gratitude towards those who accompany them along the way.*

KWKA
KARATE WADO KAIZEN ACADEMY



Massimo Conti
Head of School and Technical Director
Martial Arts Academy



The Budo Pass contains the martial life of the athlete and is a tool to verify changes of grade and qualification, dates and attendance at competitions and stages. All members must present themselves showing the B.P. updated and in good standing for the current Academic year. Inside the B.P. are summarized the procedures for updating and maintaining grades and qualifications, as established by the R.I.A. (Aikam Internal Regulations).

ACQUISITION OF C.F.A. CREDITS

The transcription of the CFAs on the B.P. is intended to monitor the level of updating of Technical Teachers, the participation in the activities organized by the Academy on the part of regularly enrolled Athletes, and the recording of the attendance of Competitors at competitions and competitive gatherings.

CREDITS TO BE AWARDED

1 credit will be awarded for each official event organized by the Academy, for each day of training and/or for each sector or specialty of membership.

INSTITUTIONAL ACTIVITIES

• NATIONAL STAGES (Event open to all grades and qualifications, worth 1 CFA)
• PREPARATORY LESSONS FOR DAN (Specific path for the preparation to higher grades 1 CFA)
• COMPETITIVE GATHERINGS (Specific training for athletes with a competitive attitude) 1KCT
• KYU EXAMS (Verification of the program carried out for the passage of colored belts)
• DAN EXAMS (Verification of the program for black belts)
• REGIONAL - NATIONAL - INTERNATIONAL COMPETITIONS (from 1 to 3 CFA as per KCT regulations)
• SUMMER and WINTER RETREATS of 2 or more days worth 1 CFA for each day of training
• TRAINING COURSES in collaboration with the SPORTS PROMOTION BODY RECOGNIZED BY CONI (valid for qualification update)
• MASTER CLASS (Update seminars reserved exclusively for Technical Teachers) 1 CFA

KWKA KARATE SECTOR REGULATIONS

To obtain the grades from 10° KYU to 4° KYU the candidate must have taken part in at least one Institutional stage per year. To obtain the grades from 3° to 1° KYU, participation in at least 2 Institutional stages per year is required.

Requirements for TRAINING COURSES

TRAINER: Minimum grade 1° DAN, minimum age 18 years
INSTRUCTOR: Minimum grade 2° DAN + TRAINER qualification, minimum age 21 years
MASTER: Minimum grade 3° DAN - INSTRUCTOR qualification, minimum age 35 years

THE REFERENCE BOOK OF THE WADO KAIZEN KARATE ACADEMY

KARATE WADO RYU KAIZEN

from basic techniques to advanced kata

Written by M° Massimo Conti – VIII Dan Kyoshi
Belami Edizioni, 2015
A GUIDE FOR YOUR PATH. A WAY FOR YOUR GROWTH.

Karate is not learned only by training on the tatami.

It is built through constant practice, observation, study and the ability to understand the deepest meaning of every technique. For this reason, having a reference book dedicated to our method is a great opportunity for every practitioner of the Wado Kaizen Karate Academy.

The volume Karate Wado Ryu Kaizen, written by M° Massimo Conti and published in 2015 by Belami Edizioni, stems from the experience of more than forty years of practice and study of Wado Ryu Karate, matured through meetings with important Masters of the Japanese tradition and continuous personal research.

Through explanations, practical advice and numerous color illustrations, the book accompanies the reader in discovering the fundamental principles of Karate: from the history and philosophy of the martial arts to Dojo ethics, from stances to techniques, from kata to kumite, up to the advanced kata and Goshin Jitsu.

KARATE WADO RYU KAIZEN

FROM BASIC TECHNIQUES TO ADVANCED KATA



Among the many topics covered:

- **History and philosophy of the Martial Arts**
- **Rules of martial ethics**
- **"Dojo Kun"** - The Rules of the place of practice
- **Tachi Kata** - The stances
- **Kata** - Form, Model, Example
- **Advanced Kata** - Kushanku - Naihanchi
- **Kumite** - Fighting
- **Goshin Jitsu** - Self-defense techniques

Manual recommended by:

asi ASSOCIAZIONI SPORTIVE SOCIALI ITALIANE

ITALIA ENTE DI PROMOZIONE SPORTIVA RICONOSCIUTO DAL CONI

Requisites: AT LEAST 1 CF IN THE ACADEMIC YEAR

11° KYU KWK

Belt White/Yellow	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan
4. **Kata**	4a. Shiho Kata (1 to 5)
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1) 5b. Sanbon Kumite (Keri 1) 5c. Ippon Kumite 1°
6. **Goshin Jitsu**	1st technique from the book
6. **Ukemi**	Hidari Yoko Ukemi Miki Yoko Ukemi

Requisites: AT LEAST 1 CF SINCE 11° KYU

10° KYU KWK

Yellow	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan • Mawashigeri Chudan
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2) 5b. Sanbon Kumite (Keri 1-2) 5c. Ippon Kumite 1° - 2°
6. **Goshin Jitsu**	1st-2nd techniques from the book
6. **Ukemi**	Mae Ukemi

Requisites: AT LEAST 1 CF SINCE 10° KYU

Yellow/Orange	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan • Mawashigeri Chudan • Uramawashigeri Jodan
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1. Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki 3. Mawashigeri-Uraken
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2) 5b. Sanbon Kumite (Keri 1-2) 5c. Ippon Kumite 2°
6. **Goshin Jitsu**	1st-3rd techniques from the book
6. **Ukemi**	Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi

Requisites: AT LEAST 1 CF SINCE 10° KYU

8° KYU KWK

ORANGE	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan • Mawashigeri Chudan • Uramawashigeri Jodan
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1. Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki 3. Mawashigeri-Uraken
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan 4d. Pinan SHODAN
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2-3-4) 5b. Sanbon Kumite (Keri 1-2-3-4) 5c. Ippon Kumite 1° - 2° - 3° - 4°
6. **Goshin Jitsu**	1st-4th techniques from the book
6. **Ukemi**	Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi - MAE KAITEN UKEMI

Requisites: AT LEAST 1 CF SINCE 10° KYU

7° KYU KWK

Orange/Green	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi • Gyakuzuki Notsukomi
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan • Mawashigeri Chudan • Uramawashigeri Jodan
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki 3. Mawashigeri-Uraken - 4. Gyakuzuki Uramawashigeri
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan 4d. Pinan SHODAN 4e. Pinan SANDAN
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2-3-4-5) 5b. Sanbon Kumite (Keri 1-2-3-4-5) 5c. Ippon Kumite 1° - 2° - 3° - 4° - 5°
6. **Goshin Jitsu**	1st-5th techniques from the book
6. **Ukemi**	Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi - ***MAE KAITEN UKEMI - USHIRO KAITEN UKEMI***

Requisites: ***AT LEAST 2 CF SINCE 7° KYU***

6° KYU KWK

Green	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi • Gyakuzuki Notsukomi • Tobikomizuki
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan Kette Junzuki • Mawashigeri Chudan. • Uramawashigeri Jodan
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki 3. Mawashigeri-Uraken - 4. Gyakuzuki Uramawashigeri 5. Sokuto - Gyakuzuki
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan 4d. Pinan SHODAN 4e. Pinan SANDAN
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2-3-4-5) 5b. Sanbon Kumite (Keri 1-2-3-4-5) 5c. Ippon Kumite 1° - 2° - 3° - 4° - 5°
6. **Goshin Jitsu**	1st-5th techniques from the book
6. **Ukemi**	Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi - ***MAE KAITEN UKEMI - USHIRO KAITEN UKEMI***

Requisites: ***AT LEAST 2 CF SINCE 6° KYU***

Green/Blue	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi • Gyakuzuki Notsukomi • Tobikomizuki
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan Kette Junzuki • Mawashigeri Chudan. • Uramawashigeri Jodan
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki 3. Mawashigeri-Uraken - 4. Gyakuzuki Uramawashigeri 5. Sokuto - Gyakuzuki
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan 4d. Pinan SHODAN 4e. Pinan SANDAN
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2-3-4-5) 5b. Sanbon Kumite (Keri 1-2-3-4-5) 5c. Ippon Kumite 1° - 2° - 3° - 4° - 5° 5d. SHIHO WAZA Gyakuzuki
6. **Goshin Jitsu**	1st-5th techniques from the book
6. **Ukemi**	Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi - ***MAE KAITEN UKEMI - USHIRO KAITEN UKEMI***

Requisites: ***AT LEAST 2 CF SINCE 5° KYU***

BLUE	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi • Gyakuzuki Notsukomi • Tobikomizuki • Tobikominagashizuki
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan Kette Junzuki • Mawashigeri Chudan Kette Gyakuzuki • Uramawashigeri Jodan Ushirogeri
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki 3. Mawashigeri-Uraken - 4. Gyakuzuki Uramawashigeri 5. Sokuto - Gyakuzuki
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan 4d. Pinan SHODAN 4e. Pinan SANDAN 4f. Pinan YONDAN
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2-3-4-5) 5b. Sanbon Kumite (Keri 1-2-3-4-5) 5c. Ippon Kumite 1° - 2° - 3° - 4° - 5° 5d. SHIHO WAZA Gyakuzuki
6. **Goshin Jitsu**	1st-5th techniques from the book
6. **Ukemi**	Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi - ***MAE KAITEN UKEMI - USHIRO KAITEN UKEMI***

Requisites: ***AT LEAST 2 CF SINCE 4° KYU***

3° KYU KWK

Blue/Brown	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi • Gyakuzuki Notsukomi • Tobikomizuki • Tobikominagashizuki
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan Kette Junzuki • Mawashigeri Chudan Kette Gyakuzuki • Uramawashigeri Jodan Ushirogeri
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki 3. Mawashigeri-Uraken - 4. Gyakuzuki Uramawashigeri 5. Sokuto - Gyakuzuki
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan 4d. Pinan SHODAN 4e. Pinan SANDAN 4f. Pinan YONDAN 4g. Pinan GODAN
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2-3-4-5) 5b. Sanbon Kumite (Keri 1-2-3-4-5) 5c. Ippon Kumite 1° - 2° - 3° - 4° - 5° 5d. SHIHO WAZA Gyakuzuki
6. **Goshin Jitsu**	1st-5th techniques from the book **Ohio Dosa Sanbon Kumite 1-2-3**
6. **Ukemi**	**Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi (consecutive in 4 directions)** - ***MAE KAITEN UKEMI - USHIRO KAITEN UKEMI***

Requisites: ***AT LEAST 2 CF SINCE 3° KYU***

2° KYU KWK

Brown	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi • Gyakuzuki Notsukomi • Tobikomizuki • Tobikominagashizuki
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan Kette Junzuki • Mawashigeri Chudan Kette Gyakuzuki • Uramawashigeri Jodan Ushirogeri
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri -Gyakuzuki 3. Mawashigeri-Uraken - 4. Gyakuzuki Uramawashigeri 5. Sokuto - Gyakuzuki
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan 4d. Pinan SHODAN 4e. Pinan SANDAN 4f. Pinan YONDAN 4g. Pinan GODAN 5f. KUSHANKU
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2-3-4-5) 5b. Sanbon Kumite (Keri 1-2-3-4-5) 5c. Ippon Kumite 1° - 2° - 3° - 4° - 5° 5d. SHIHO WAZA Gyakuzuki
6. **Goshin Jitsu**	1st-5th techniques from the book **Ohio Dosa Sanbon Kumite 1-2-3**
6. **Ukemi**	**Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi (consecutive in 4 directions)** - ***MAE KAITEN UKEMI - USHIRO KAITEN UKEMI***

Requisites: ***AT LEAST 2 CF SINCE 2° KYU***

1° KYU KWK

Brown/BLACK	The student must be able to perform:
1. **Kihon Tsuki e Uke**	Arm techniques and blocks
	• Junzuki • Gyakuzuki • Junzuki Notsukomi • Gyakuzuki Notsukomi • Tobikomizuki • Tobikominagashizuki
2. **Kihon Keri**	Leg techniques
	• Maegeri Chudan Kette Junzuki • Mawashigeri Chudan Kette Gyakuzuki • Uramawashigeri Jodan Ushirogeri
3. **Renraku Waza**	Combination of fighting techniques
3.Pad Work application on pads	1.Kizamizuki Jodan - Gyakuzuki Chudan 2.Maegeri - Gyakuzuki 3. Mawashigeri-Uraken - 4. Gyakuzuki Uramawashigeri 5. Sokuto - Gyakuzuki
4. **Kata**	4a. Shiho Kata (1 to 5) 4b.Kihon Kata 4c. Pinan Nidan 4d. Pinan SHODAN 4e. Pinan SANDAN 4f. Pinan YONDAN 4g. Pinan GODAN 5f. KUSHANKU
5. **Kumite**	5a. Sanbon Kumite (Tsuki 1-2-3-4-5) 5b. Sanbon Kumite (Keri 1-2-3-4-5) 5c. Ippon Kumite 1° - 2° - 3° - 4° - 5° 5d. SHIHO WAZA Gyakuzuki
6. **Goshin Jitsu**	1st-5th techniques from the book **Ohio Dosa Sanbon Kumite 1-2-3-4-5**
6. **Ukemi**	**Hidari Yoko Ukemi Miki Yoko Ukemi Mae Ukemi - Ushiro Ukemi (consecutive in 4 directions)** - ***MAE KAITEN UKEMI - USHIRO KAITEN UKEMI***