

# ROFFEY WADOKAI GRADE SYLLABUS

## 9<sup>th</sup> KYU RED BELT

### UKE BLOCKS

|             |             |
|-------------|-------------|
| JODAN UKE   | HEAD BLOCK  |
| SOTO UKE    | OUTER BLOCK |
| UCHI UKE    | INNER BLOCK |
| GEDAN BARAI | LOWER BLOCK |

### KIHON (BASIC TECHNIQUES)

- |                       |  |
|-----------------------|--|
| 1. JUNZUKI CHUDAN     | STEP FORWARD IN LEFT JUNZUKI STANCE STRAIGHT PUNCH TO BODY |
| 2. TOBIKOMIZUKI JODAN | STEP FORWARD IN LEFT FIGHTING STANCE SNAP PUNCH TO FACE    |
| 3. URAKEN UCHI        | STEP FORWARD IN LEFT FIGHTING STANCE BACKFIST TO FACE      |
| 4. MAEGERI CHUDAN     | FRONT KICK TO BODY   |
| 5. MAWASHIGERI CHUDAN | ROUNDHOUSE KICK TO BODY                                    |

### RENRAKU WAZA COMBINATION TECHNIQUES

1. MAEGERI CHUDAN MAWASHIGERI CHUDAN URAKEN JODAN  
FRONT KICK BODY ROUNDHOUSE KICK BODY

**SANBON GUMITE** (THREE STEP PUNCH BLOCKS NANAHONME No 7 (JODAN UKE HEAD BLOCK))

**KATA** (Examiners discretion) PINAN NIDAN

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## 8TH KYU YELLOW BELT

### KIHON (BASIC TECHNIQUES)

- |                                |  |
|--------------------------------|--|
| 1. JUNZUKI CHUDAN              | STEP FORWARD IN LEFT JUNZUKI STANCE STRAIGHT PUNCH TO BODY |
| 2. GYAKUZUKI CHUDAN            | REVERSE PUNCH TO BODY                                      |
| 3. SURIKOMI MAEGERI CHUDAN     | ONE STEP FRONT KICK TO BODY                                |
| 4. SURIKOMI MAWASHIGERI CHUDAN | ONE STEP ROUNDHOUSE KICK TO BODY                           |
| 5. SOKUTO FUMIKOMI HIZA        | STAMPING SIDE KICK TO KNEE                                 |

### RENRAKU WAZA COMBINATION TECHNIQUES

1. MAEGERI MAWASHIGERI (CHUDAN) URAKEN JODAN  
FRONT KICK ROUNDHOUSE KICK BODY BACKFIST HEAD
2. SURIKOMI MAEGERI MAWASHIGERI (CHUDAN) URAKEN JODAN  
ONE STEP FRONT KICK ROUNDHOUSE KICK (TO BODY) BACKFIST HEAD

### UKE (BLOCKS)

**SANBON GUMITE** (THREE STEP PUNCH BLOCKS)

NANAHONME No 7 (JODAN UKE HEAD BLOCK)  
(EXAMINERS DISCRETION) GOHONME No 5 (SOTO UKE OUTER BLOCK)

**KATA** PINAN NIDAN PINAN SHODAN (Examiners discretion)

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## 7TH KYU ORANGE BELT

### KIHON BASIC TECHNIQUES

- |                          |                               |
|--------------------------|-------------------------------|
| 1. JUNZUKI CHUDAN        | STRAIGHT PUNCH TO BODY        |
| 2. JUNZUKI NO TSUKKOMI   | LEANING PUNCH TO FACE         |
| 3. GYAKUZUKI CHUDAN      | REVERSE PUNCH TO BODY         |
| 4. GYAKUZUKI NO TSUKKOMI | LEANING REVERSE PUNCH TO BELT |
| 5. YOKOGER SOKUTO CHUDAN | SIDEKICK BODY                 |
| 6. MIKAZUKIGERI CHUDAN   | INWARD CRESCENT KICK BODY     |

### RENRAKU WAZA COMBINATION TECHNIQUES

1. SURIKOMI MAEGERI CHUDAN MAWASHIGERI CHUDAN URAKEN JODAN  
ONE STEP FRONT KICK BODY ROUNDHOUSE KICK BODY BACKFIST HEAD
2. ZENSHISHITE JODAN RENZUKI CHUDAN  
STEP FORWARD PUNCH HEAD CHEST
3. MAEGERI MAWASHIGERI YOKOGERI  
FRONT KICK ROUNDHOUSE KICK SIDEKICK

### UKE BLOCKS SANBON GUMITE (THREE STEP PUNCH BLOCKS )

NANAHONME No 7 (JODAN UKE HEAD BLOCK) GOHONME No 5 (SOTO UKE OUTER BLOCK

(Examiners discretion) ROPPONME No 6 INNER BLOCK

**KATA** PINAN NIDAN PINAN SHODAN (Examiners discretion) PINAN SANDAN

**EXAMINERS DISCRETION GOSHIN JUTSU KUMITE** ( SELF DEFENCE) **JIYU KUMITE** (FREE FIGHTING)

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## 6TH KYU GREEN BELT

### KIHON BASIC TECHNIQUES

- |                             |                           |
|-----------------------------|---------------------------|
| 1. JUNZUKI                  | STRAIGHT PUNCH            |
| 2. KETTE JUNZUKI            | FRONT KICK STRAIGHT PUNCH |
| 3. GYAKUZUKI                | OPPOSITE PUNCH            |
| 4. KETTE GYAKUZUKI          | FRONT KICK OPPOSITE PUNCH |
| 5. TOBIKOMIZUKI JODAN       | SNAP PUNCH HEAD           |
| 6. SURIKOMI YOKOGERI CHUDAN | ONE STEP SIDEKICK BODY    |

### RENRAKU WAZA COMBINATION TECHNIQUES

1. ZENSHINSHITE JODAN RENZUKI JODAN MAEGERI MAWASHIGERI YOKOGERI CHUDAN  
STEP FORWARD PUNCH HEAD CHEST FRONT KICK ROUNDHOUSE KICK SIDEKICK BODY
2. MAEGERI MAWASHIGERI CHUDAN URAKEN JODAN GYAKUZUKI CHUDAN  
FRONT KICK ROUNDHOUSE KICK BODY BACKFIST HEAD REVERSE PUNCH BODY

### UKE BLOCKS SANBON GUMITE (THREE STEP PUNCH BLOCKS

NANAHONME No 7 (JODAN UKE HEAD BLOCK) GOHONME No 5 (SOTO UKE OUTER BLOCK  
ROPPONME No 6 INNER BLOCK NAPPONME No 8 GEDAN BARAI LOWER BLOCK

**OHYO GUMITE** ( SEMI FREE FIGHTING) IPPONME (1) **KATA** PINAN NIDAN, PINAN SHODAN,  
PINAN SANDAN (Examiners discretion)

**GOSHIN JUTSU KUMITE** SELF DEFENCE **JIYU KUMITE** FREE FIGHTING

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# ROFFEY WADOKAI GRADE SYLLABUS

## 5TH KYU BLUE BELT

### KIHON BASIC TECHNIQUES

- |                                |  |
|--------------------------------|--|
| 1. JUNZUKI NO TSUKKOMI         | LEANING PUNCH FACE                     |
| 2. KETTE JUNZUKI NO TSUKKOMI   | FRONT KICK LEANING PUNCH FACE          |
| 3. GYAKUZUKI NO TSUKKOMI       | LEANING OPPOSITE PUNCH BELT            |
| 4. KETTE GYAKUZUKI NO TSUKKOMI | FRONT KICK LEANING OPPOSITE PUNCH BELT |
| 5. TOBIKOMIZUKI JODAN          | SNAP PUNCH HEAD                        |
| 6. NAGASHIZUKI JODAN           | AVOIDING PUNCH TO FACE                 |
| 7. USHIROGERI GEDAN            | BACK KICK BELT                         |

### RENRAKU WAZA COMBINATION TECHNIQUES

- |   |  |
|---|--|
| 1. MAWASHIGERI CHUDAN USHIROGERI GEDAN<br>ROUNDHOUSE KICK BODY BACK KICK BELT | 2. SURIKOMI MAWASHIGERI CHDAN USHIROGERI GEDAN<br>ONE STEP ROUNDHOUSE KICK BODY BACK KICK BELT |
|---|--|

### UKE BLOCKS

#### SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS )

NANAHONME No 7 (JODAN UKE HEAD BLOCK) GOHONME No 5 (SOTO UKE OUTER BLOCK  
ROPPONME No 6 INNER BLOCK NAPPONME No 8 GEDAN BARAI LOWER BLOCK )  
IPPONME No1 ( JODAN UKE HEAD BLOCK)

#### SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS IPPONME No1

**OHYO GUMITE** ( SEMI FREE FIGHTING) IPPONME (1) (**Examiners discretion**) NIHONME No 2

**KATA** PINAN NIDAN, PINAN SHODAN, PINAN SANDAN (**Examiners discretion**) PINAN YODAN

**GOSHIN JUTSU KUMITE** SELF DEFENCE **JIYU KUMITE** FREE FIGHTING

## 4TH KYU PURPLE BELT

### KIHON BASIC TECHNIQUES

- |                                |  |
|--------------------------------|--|
| 1. KETTE JUNZUKI               | FRONT KICK STRAIGHT PUNCH              |
| 2. KETTE GYAKUZUKI             | FRONT KICK OPPOSITE PUNCH              |
| 3. KETTE JUNZUKI NO TSUKKOMI   | FRONT KICK LEANING PUNCH FACE          |
| 4. KETTE GYAKUZUKI NO TSUKKOMI | FRONT KICK LEANING OPPOSITE PUNCH BELT |
| 5. NAGASHIZUKI JODAN           | AVOIDING PUNCH FACE                    |
| 6. USHIROGERI CHUDAN           | BACK KICK BODY                         |
| 7. MAWASHIGERI JODAN           | ROUNDHOUSE KICK HEAD                   |

### RENRAKU WAZA COMBINATION TECHNIQUES

1. MAEGERI CHUDAN MAWASHIGERI CHUDAN USHIROGERI CHUDAN URAKEN JODAN GYAKUZUKI CHUDAN  
FRONT KICK BODY ROUNDHOUSE KICK BODY BACK KICK BODY BACK FIST HEAD OPPOSITE PUNCH BODY
2. MAEGERI CHUDAN NAGASHIZUKI JODAN GYAKUZUKI CHUDAN  
FRONT KICK BODY AVOIDING PUNCH HEAD OPPOSITE PUNCH BODY

### UKE BLOCKS SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS )

NANAHONME No 7 (JODAN UKE HEAD BLOCK) GOHONME No 5 (SOTO UKE OUTER BLOCK  
ROPPONME No 6 INNER BLOCK NAPPONME No 8 GEDAN BARAI LOWER BLOCK )  
IPPONME No1 ( JODAN UKE HEAD BLOCK) NIHONME No2

#### SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS IPPONME No1 NIHONME No 2

**OHYO GUMITE** IPPONME (1) NIHONME (2) YOHONME (4) (**Examiners discretion**)

**KATA** PINAN NIDAN, PINAN SHODAN, PINAN SANDAN PINAN YODAN (any 1)+ PINAN GODAN

**KIHON KUMITE** IPPONME (1) (**Examiners discretion**)

**GOSHIN JUTSU KUMITE** SELF DEFENCE **JIYU KUMITE** FREE FIGHTING

# ROFFEY WADOKAI GRADE SYLLABUS

## 3RD KYU BROWN BELT

### KIYON BASIC TECHNIQUES

- |                          |                               |
|--------------------------|-------------------------------|
| 1. JUNZUKI CHUDAN        | STRAIGHT PUNCH TO BODY        |
| 2. JUNZUKI NO TSUKKOMI   | LEANING PUNCH TO FACE         |
| 3. GYAKUZUKI CHUDAN      | REVERSE PUNCH TO BODY         |
| 4. GYAKUZUKI NO TSUKKOMI | LEANING REVERSE PUNCH TO BELT |
| 5. TOBIKOMIZUKI JODAN    | SNAP PUNCH FACE               |
| 6. NAGASHIZUKI JODAN     | AVOIDING PUNCH TO FACE        |
| 7. SURIKOMI SOKUTO JODAN | ONE STEP SIDE KICK HEAD       |
| 8. MAWASHIGER JODAN      | ROUNDHOUSE KICK HEAD          |

### RENRAKU WAZA COMBINATION TECHNIQUES

1. ZENSHINSHITE JODAN RENZUKI CHUDAN MAEGERI CHUDAN NAGASHIZUKI JODAN GYAKUZUKI CHUDAN  
STEP FORWARD PUNCH HEAD CHEST FRONT KICK BODY AVOIDING PUNCH HEAD OPPOSITE PUNCH BODY
2. MAEGERI CHUDAN NAGASHIZUKI JODAN GYAKUZUKI CHUDAN MAWASHIGER CHUDAN  
FRONT KICK BODY AVOIDING PUNCH HEAD OPPOSITE PUNCH BODY ROUNDHOUSE KICK BODY

### UKE BLOCKS SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS )

Nos 1, 2, 5, 6, 7, 8

### SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS)

IPPONME No1 NIHONME No 2 SANBONME No 3

### OHYO GUMITE

GOHONME No 5 Plus Students choice of 1 other

### KIYON KUMITE IPPONME (1) NIHONME (2) SANBONME (3) Discretional

### KUMITE GATA No 1 Discretional

KATA EXAMINERS CHOICE OF 1 PINAN KUSHANKU

GOSHIN JUTSU KUMITE SELF DEFENCE JIYU KUMITE FREE FIGHTING

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## 2ND KYU BROWN BELT

### KIHON BASIC TECHNIQUES

- |                          |                         |
|--------------------------|-------------------------|
| 1. JUNZUKI CHUDAN        | STRAIGHT PUNCH TO BODY  |
| 2. GYAKUZUKI CHUDAN      | REVERSE PUNCH TO BODY   |
| 3. MAWASHIGERI JODAN     | ROUNDHOUSE KICK HEAD    |
| 4. TOBIKOMIZUKI JODAN    | SNAP PUNCH HEAD         |
| 5. NAGASHIZUKI JODAN     | AVOIDING PUNCH HEAD     |
| 6. USHIROGERI CHUDAN     | BACK KICK BODY          |
| 7. SOKUTO YOKOGERI JODAN | SIDEKICK HEAD           |
| 8. NIDAN GERI JODAN      | JUMPING FRONT KICK HEAD |

### RENRAKU WAZA COMBINATION TECHNIQUES

1. MAEGERI CHUDAN MAWASHIGERI CHUDAN YOKOGERI SOKUTO CHUDAN USHIROGERI CHUDAN URAKEN JODAN GYAKUZUKI CHUDAN  
FRONT KICK BODY ROUNDHOUSE KICK BODY SIDE KICK BODY BACK KICK BODY BACKFIST HEAD OPPOSITE PUNCH BODY
2. ZENSHINSHITE JODAN RENZUKI CHUDAN MAEGERI CHUDAN NAGASHIZUKI JODAN GYAKUZUKI CHUDAN  
STEP FORWARD PUNCH HEAD CHEST FRONT KICK BODY AVOIDING PUNCH HEAD OPPOSITE PUNCH BODY

### UKE BLOCKS

#### SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS)

SANBONME No 3 PLUS STUDENT CHOICE OF 2 FROM 1,2,5,6,7,8 No 4 **Discretionary**

#### SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS)

IPPONME No1 NIHONME No 2 SANBONME No 3 YOHONME No 4

#### OHYO GUMITE SANBONME (3)

PLUS STUDENT CHOICE OF 1 FROM IPPONME (1) NIHONME (2) YOHONME (4) GOHONME (5)

**KIHON KUMITE** IPPONME (2) NIHONME (2) SANBONME (3) YOHONME (4) **Discretionary**

**KUMITE GATA** IPPONME (1) NIHONME (2) **Discretionary**

**KATA** CHOICE OF 1 PINAN KUSHANKU NAIHANCHI SEISHAN **Discretionary**

**GOSHIN JUTSU KUMITE**

SELF DEFENCE

**JIYU KUMITE**

FREE FIGHTING

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# ROFFEY WADOKAI GRADE SYLLABUS

## 1ST KYU BROWN BELT

### KIHOON BASIC TECHNIQUES

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1. JUNZUKI CHUDAN              | STRAIGHT PUNCH TO BODY          |
| 2. KETTE JUNZUKI NO TSUKKOMI   | FRONT KICK LEANING PUNCH HEAD   |
| 3. GYAKUZUKI CHUDAN            | REVERSE PUNCH TO BODY           |
| 4. KETTE GYAKUZUKI NO TSUKKOMI | FRON KICK LEANING PUNCH TO BELT |
| 5..YOKOGERI SOKUTO JODAN       | SIDEKICK HEAD                   |
| 6. TOBIKOMIZUKI JODAN          | SNAP PUNCH HEAD                 |
| 7. NAGASHIZUKI JODAN           | AVOIDING PUNCH HEAD             |
| 8. USHIROGERI CHUDAN           | BACK KICH BODY                  |
| 9. MAWASHIGERI JODAN           | ROUNDHOUSE KICK HEAD            |

### RENRAKU WAZA COMBINATION TECHNIQUES

1. ZENSHINSHITE JODAN RENZUKI CHUDAN MAWASHIGERI CHUDAN MAWASHIGERI CHUDAN USHIROGERI CHUDAN  
URAKEN JODAN GYAKUZUKI CHUDAN SHUTO UKE JODAN TOBIKOMIZUKI JODAN  
STEP FORWARD PUNCH HEAD CHEST ROUNDHOUSE KICK BODY ROUNDHOUSE KICK BODY BACK KICK BODY  
BACKFIST HEAD OPPOSITE PUNCH BODY OPEN HAND BLOCK HEAD SNAP PUNCH HEAD
2. SURIKOMI JODAN RENZUKI CHUDAN MAEGERI CHUDAN NAGASHIZUKI JODAN GYAKUZUKI CHUDAN MAEGERI  
CHUDAN MAWASHIGERI CHUDAN YOKOGERI CHUDAN URAKEN JODAN GYAKUZUKI CHUDAN  
SLIDE FORWARD PUNCH HEAD CHEST FRONT KICK BODY AVOIDING PUNCH HEAD OPPOSITE PUNCH BODY  
FRONT KICK BODY ROUNDHOUSE KICK BODY SIDE KICK BODY BACKFIST HEAD OPPOSITE PUNCH BODY

### UKE BLOCKS

#### SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS)

ALL

#### SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS)

ALL

#### OHYO GUMITE ROPPONME No 6 PLUS STUDENT CHOICE OF 2 FROM NOS 1-5)

#### KIHOON KUMITE Nos 1, 2, 3, 4, 5

#### KUMITE GATA IPPONME (1) NIHONME (2) SANBONME (3) Discretionary

#### KATA EXAMINERS CHOICE OF 1 PINAN KATA PLUS

KUSHANKU NAIHANCHI SEISHAN CHINTO Discretionary

#### GOSHIN JUTSU KUMITE

SELF DEFENCE

#### JIYU KUMITE

FREE FIGHTING