

ROFFEY WADOKAI GRADE SYLLABUS

9th 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

8TH KYU YELLOW BELT

KIHON (BASIC TECHNIQUES)

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|--------------------------------|--|
| 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)

7TH KYU ORANGE BELT

KIHON BASIC TECHNIQUES

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|--------------------------|-------------------------------|
| 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)

6TH KYU GREEN BELT

KIHON BASIC TECHNIQUES

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|-----------------------------|---------------------------|
| 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

ROFFEY WADOKAI GRADE SYLLABUS

5TH KYU BLUE BELT

KIHON BASIC TECHNIQUES

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|--------------------------------|--|
| 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
ROUNDHOUSE KICK BODY BACK KICK BELT | 2. SURIKOMI MAWASHIGERI CHDAN USHIROGERI GEDAN
ONE STEP ROUNDHOUSE KICK BODY BACK KICK BELT |
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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) **Discretionary**

KUMITE GATA No 1 **Discretionary**

KATA EXAMINERS CHOICE OF 1 PINAN KUSHANKU

GOSHIN JUTSU KUMITE SELF DEFENCE **JIU JITSU KUMITE** FREE FIGHTING

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

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) **Discretionial**

KATA **EXAMINERS CHOICE OF 1 PINAN KATA PLUS**

KUSHANKU **NAIHANCHI** **SEISHAN** **CHINTO** **Discretionial**

GOSHIN JUTSU KUMITE

SELF DEFENCE

JIYU KUMITE

FREE FIGHTING