



## **Verve Karate**

**Wado Ryu Grading Syllabus**

**9<sup>th</sup> Kyu – 1<sup>st</sup> Degree Black belt**

**Chief Instructor: Master John Swift**

**Instructor: Sensei Ash Simonds**

# **Grading System**

**At Verve Karate we grade Every 3 months, and gradings are done by invite, if you have progressed well enough in class then you will receive a grading form to be filled out and handed back in order to register for the grading.**

**The training time between each grading runs as below:**

- **Red Belt 9<sup>th</sup> kyu up to Blue belt 5<sup>th</sup> 3 months training and a minimum of 9 classes attended between each grade**
- **Blue belt 5<sup>th</sup> kyu to Black Belt 1<sup>st</sup> degree 6 months training and a minimum of 20 classes attended between each grade.**

**The grading is your chance to show us you understand what you have been shown over the last few months and are putting in the effort in and out of class into your training to progress.**

**Our Gradings are closed, i.e., we do not allow anyone in to watch the grading, Only the students taking the grade and the grading panel will be in the hall.**

**When we set a time for the grading you will be required to arrive 15 minutes before the grading starts to allow us the time to book everyone in. Anyone arriving after the grading has started will not be allowed to take part and will have to wait till the next date to grade.**

**Our uniform standards for gradings are full Verve Gi and belt.**

## **Uniform standards**

**For any student that is ready to take a Grade with us or wears a coloured belt the following uniform must be worn.**

**Either full Verve Gi or Verve T-shirt and Gi bottoms. Your belt must be worn in all classes, you have earned it be proud and show it by wearing it to class and keeping it on. If you forget your belt a white belt will be worn.**

**No watches or jewellery to be worn in class. If you have any piercings that cannot be removed these must be covered over with tape or a plaster.**

**If you have long hair please have this tied back or up so it has less risk of being caught and getting in your way.**

**Please try to keep your Uniform clean and tidy for class.**

**As what we do is done in bare foot please keep your nails trimmed, this might seem like a random request but I Have seen many cuts and injury's over the years that could have been avoided if this had been done.**

## **Gradings**

**Full Verve Gi and belt must always be worn for Gradings. The only exception to this will be if we have not been able to obtain a Gi for you in time for the event.**

## **Sparring gear**

**Please check your gear regularly for any rough edges or rips, sparring gear is as much for the safety of the people you are sparring with as it is yourself and must be in good condition to be used.**

### **Required Sparring gear:**

- **Head guard**
- **Point fighter gloves with fingers covered**
- **10oz boxing gloves**
- **Shin / shin & instep protection**
- **Kick boots that cover the whole foot.**
- **Gum shield**
- **Male groin guard**
- **We would also advise the use of ladies' chest protection.**

## **Club safety and etiquette**

**Please turn up at least five minutes early for class ready to start and warm up; the warm up is important as it reduces the risk of injury. Please remove any jewellery or piercings as these pose a risk of catching.**

**As Students you must always show respect to your instructors, fellow students and those around you.**

**We have a zero-tolerance policy to bullying Any proven form of bullying be it verbal or physical will result in a ban from the club and your license being revoked within the entire Verve group of clubs.**

### **Sparring:**

**Sparring will only take place at the club under supervision of an VMA Instructor.**

**All students taking part in sparring must have a valid license and use approved sparring equipment.**

**As with all training when sparring we expect a high level of sportsmanship and respect to be shown.**

**We welcome everybody to watch our classes but please bear in mind that high noise levels from people watching can be very distracting to those training.**

**If you have any children watching the class please do not allow them to run around the hall; this is dangerous for them and very disruptive to the class.**

**We hope that every student enjoys our classes and we will always train in a fun, safe and disciplined environment but if any issue should arise please do not sit in silence let one of the team of instructors know so it can be discussed and dealt with accordingly.**

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

**Stamina level:** 10 Press ups, 10 Sit ups, 10 Squat thrusts

**Basics:**  
Step and punch  
Head Block  
Downward block

**Punches:**  
Jab  
Backfist  
Reverse Punch

**Strikes:**  
Palm heel  
Hammer fist  
Rear elbow

**Kicks front leg:**  
Front kick  
Side kick  
Foot sweep  
Roundhouse kick

**Kicks rear leg:**  
Front kick  
Side kick  
Back kick  
Roundhouse kick  
Foot sweep

**Hand and feet combinations:**

**Front leg:** Roundhouse kick / Backfist / Reverse punch

**Defence:**  
Against jab punch  
Against roundhouse kick

# YELLOW BELT 8<sup>TH</sup> KYU

## Stamina level:

15 Press ups, 15 Sit ups, 15 Squat thrusts

## Basics:

Step and punch

Step and reverse punch

Head block

Downward block

## Punches:

Jab

Backfist

Reverse punch

Cross punch

## Strikes:

Palmheel

Hammerfist

Rear elbow

Throat strike

## Kicks front leg:

Front kick

Side kick

Foot sweep

Roundhouse kick

Axe kick

Crescent kick

## Kicks rear leg:

Front kick

Side kick

Back kick

Roundhouse kick

Foot sweep

Axe kick

Crescent kick

# **YELLOW BELT 8<sup>TH</sup> KYU**

(Continued)

**Hand and feet combinations:**

**Front leg:** Side kick / Backfist / Reverse punch

**Rear leg:** Side kick / Backfist / Reverse punch

**Defence:** Single wrist grab  
Throat grab

**Anything else at examiners request from previous grading or training.**



# ORANGE BELT 7<sup>TH</sup> KYU

**Stamina level:**

20 Press ups, 20 Sit ups, 20 Squat thrusts

**Basics:**

Step and punch

Step and reverse punch

Head block

Downward block

Inward block

Outside block

**Punches:**

Jab

Backfist

Reverse punch

Uppercut

Cross punch

**Strikes:**

Palmheel

Hammerfist

Rear elbow

Throat strike

Ridgehand

**Kicks front leg:**

Front kick

Side kick

Foot sweep

Roundhouse kick

Axe kick

Hook kick

Crescent kick

**Kicks rear leg:**

Front kick

Side kick

Back kick

Roundhouse kick

Foot sweep

Axe kick

# ORANGE BELT 7<sup>TH</sup> KYU

(Continued)

**Kicks rear leg (continued):**

Hook kick

Crescent Kick

**Spinning kicks:**

Spinning back kick

**Jumping kicks:**

Jumping front kick

**Hand and feet combinations:**

Step roundhouse kick / spinning back kick / jab / cross

Step hook kick / spinning back kick / backfist / reverse punch

**Defence:**

Double wrist grab

Double collar grab

**Kata:**

Pinan Nidan

**Anything else at examiners request from previous grading or training.**

# GREEN BELT 6<sup>TH</sup> KYU

## Stamina level:

25 Press ups, 25 Sit ups, 25 Squat thrusts

## Basics:

Step and punch

Step and reverse punch

Head block

Downward block

Inward block

Outside block

Knifehand block

Knee block

## Punches:

Jab

Backfist

Reverse punch

Uppercut

Hook punch

Cross punch

## Strikes:

Palmheel

Hammerfist

Rear elbow

Throat strike

Ridgehand

Knifehand

## Kick stepping:

One step foot sweep

One step front kick

One step side kick

One step hook kick

One step roundhouse kick

One step axe kick

One step crescent kick

# **GREEN BELT 6<sup>TH</sup> KYU**

(Continued)

**Spinning kicks:**

Spinning back kick

Spinning hook kick

**Jumping kicks:**

Jumping front kick

Jumping roundhouse kick

**Hand and**

Step side kick / spinning back kick / backfist / reverse punch

Jab/Cross/Step roundhouse kick/Spinning hook kick

**Defence:**

Against front kick

Against side kick

Grab from rear

**Kata:**

Pinan Nidan

Pinan Shodan

**Anything else at examiners request from previous grading or training.**

# **BLUE BELT 5<sup>TH</sup> KYU**

**Stamina level:** 35 Press ups, 35 Sit ups, 35 Squat thrusts

**Basics:**

Step and punch

Step and reverse punch

Kick, then punch

Block, then punch

Head block

Downward block

Inward block

Outside block

Knifehand block

Knee block

**Punches:**

Jab / reverse punch

Jab / cross punch

Hook punch / uppercut

Backfist / spin backfist

**Strikes**

Palmheel

Hammerfist

Throat strike

Ridgehand

Knifehand

Side elbow stepping

Spinning elbow stepping

**Kicks alternate legs:**

Front kick / roundhouse kick

Side kick / hook kick

Foot sweep / axe kick

**Spinning kicks:**

Spinning back kick

Spinning hook kick

Spinning crescent kick

# **BLUE BELT 5<sup>TH</sup> KYU**

**(Continued)**

**Jumping kicks:**

Jumping front kick

Jumping roundhouse kick

Jumping knee kick

Jumping side kick

**Hand and feet combinations:**

Jab / spinning backfist / roundhouse kick

Jab / cross punch / front kick / roundhouse kick

**Defence:**

Against roundhouse kick

Against hook kick

Grab from rear

Head locks

**Kata:**

Pinan Nidan

Pinan Shodan

Pinan Sandan

**Sparring:**

**Anything else at examiners request from previous grading or training.**

# PURPLE BELT 4<sup>TH</sup> KYU

## Stamina level:

40 Press ups, 40 Sit ups, 40 Squat thrusts

## Basics:

Step and punch

Step and reverse punch

Kick, then punch

Block, then punch

Head block

Downward block

Inward block

Outside block

Knifehand block

Knee block

Slide snap punch

## Punches same arm:

Jab / backfist

Reverse punch / ridgehand

Ridgehand / backfist

Spinning backfist / jab

## Strikes

Palmheel

Hammerfist

Throat strike

Ridgehand

Knifehand

Side elbow stepping

Spinning elbow stepping

Hook elbow stepping

Downward elbow stepping

## Kicks alternate legs:

Front kick / spinning back kick

Side kick / spinning hook kick

Roundhouse kick / spinning hook kick

# **PURPLE BELT 4<sup>TH</sup> KYU**

(Continued)

**Spinning kicks:**

Spinning back kick  
Spinning hook kick  
Spinning crescent kick  
Spinning roundhouse kick

**Jumping kicks:**

Jumping front kick  
Jumping roundhouse kick

**Jumping knee kicks:**

Jumping side kick  
Jump spinning hook kick

**Hand and feet combinations:**

Backfist / step side kick / spinning side kick  
Roundhouse kick / spinning hook kick / reverse punch / same arm  
ridgehand

**Defence:**

Against roundhouse kick  
Against hook kick  
Against side kick  
Against front kick  
Grab from rear  
Head locks

**Kata:**

Pinan Nidan  
Pinan Shodan  
Pinan Sandan  
Pinan Yodan

**Sparring:**

**Anything else at examiners request from previous grading or training.**



# PURPLE/WHITE BELT 3<sup>rd</sup> KYU

**Stamina level:** 45 Press ups, 45 Sit ups, 45 Squat thrusts

**Basics:**

- Step and punch
- Step and reverse punch
- Kick, then punch
- Block, then punch
- Head block
- Downward block
- Inward block
- Outside block
- Knifehand block
- Knee block
- Slide snap punch
- Twist slide snap punch

**Punches sliding:**

- Jab / cross punch
- Backfist / reverse punch
- Reverse punch / backfist
- Reverse punch / hook punch

**Strikes:**

- Rising elbow stepping
- Spinning elbow stepping
- Hook elbow stepping
- Downward elbow stepping

**Strike combinations:**

- Palmheel / hammerfist
- Slide elbow / spinning elbow

**Kicks alternate legs:**

- Foot sweep / spinning back kick
- Hook kick / spinning hook kick
- Crescent kick / spinning crescent kick

**Spinning kicks:**

- Spinning back kick
- Spinning hook kick
- Spinning crescent kick
- Spinning roundhouse kick

# **PURPLE/WHITE BELT 3<sup>rd</sup> KYU**

(Continued)

**Jumping kicks:**

Jumping front kick

Jumping roundhouse kick

**Jumping knee:**

Jumping side kick

Jump spinning hook kick

**Hand and feet combinations:**

Jab punch / footsweep / spinning back kick / reverse punch

**Defence:**

Against spinning backfist

Against spinning hook kick

**Kata:**

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yodan

Pinan Godan

**Sparring:**

**Anything else at examiners request from previous grading or training.**

# **BROWN BELT 2<sup>nd</sup> KYU**

## **Stamina level:**

55 Press ups, 55 Sit ups, 55 Squat thrusts

## **Basics:**

Step and punch

Step and reverse punch

Kick, then punch

Block, then punch

Head block

Downward block

Inward block

Outside block

Knifehand block

Knee block

Slide snap punch

Twist slide snap punch

## **Punches:**

Cross punch / jab punch

Reverse punch / jab punch

Reverse punch / hook punch

Spinning backfist / reverse punch

Spinning backfist / ridgehand

## **Strikes:**

Groin kick / downward hammerfist

Groin kick / downward knifehand

## **Kicks alternate legs:**

Jump scissor front kick / roundhouse kick

Jump scissor roundhouse kick / spinning back kick

Jump scissor roundhouse kick / spinning hook kick

Jump scissor axe kick / spinning crescent kick

## **Spinning kicks:**

Spinning back kick

Spinning hook kick

Spinning crescent kick

Spinning roundhouse kick

## **Jumping kicks:**

Jumping front kick

Jumping roundhouse kick

# **BROWN BELT 2<sup>nd</sup> KYU**

(Continued)

**Jumping knee:**

Jumping side kick  
Jump spinning hook kick  
Jump spinning back kick

**Hand and feet combinations:**

Jab punch / footsweep / spinning back kick / reverse punch  
Jump scissor front kick / jab / cross punch / hook punch  
Jump scissor roundhouse kick / spinning back fist / reverse punch

**Defence:**

Against spinning backfist  
Against spinning hook kick  
Front and rear body grabs

**Kata:**

Pinan Nida  
Pinan Shodan  
Pinan Sandan  
Pinan Yodan  
Pinan Godan  
Ku Shan Ku

**Sparring:**

**Anything else at examiners request from previous grading or training.**

# BROWN/BLACK BELT 1<sup>st</sup> KYU

## Stamina level:

75 Press ups, 75 Sit ups, 75 Squat thrusts

## Basics:

Step and punch

Step and reverse punch

Kick, then punch

Block, then punch

Head block

Downward block

Inward block

Outside block

Knifehand block

Knee block

Slide snap punch

Twist slide snap punch

## Sliding punches, same arm:

Jab punch / backfist

Ridgehand / backfist

Cross punch / reverse punch

Ridgehand / reverse punch

## Strikes:

Rear elbow / ridgehand

Rear elbow / throat strike

Rear elbow / groin kick

Rear elbow / knee

## Kicks same leg:

Front kick / roundhouse kick

Side kick / hook kick

Hook kick / roundhouse kick

Foot sweep / axe kick

## Spinning kicks:

Spinning back kick

Spinning hook kick

Spinning crescent kick

Spinning roundhouse kick

# **BROWN/BLACK BELT 1<sup>st</sup> KYU**

(Continued)

## **Jumping kicks:**

Jumping front kick  
Jumping roundhouse kick  
Jumping knee  
Jumping side kick  
Jump spinning hook kick  
Jump spinning back kick

## **Hand and feet combinations:**

One step roundhouse kick / side kick / ridgehand / backfist  
One step side kick / hook kick / reverse punch / ridgehand  
One step footsweep / axe kick / reverse punch

## **Defence:**

Floor work against kicks and punches

## **Kata:**

Pinan Nidan  
Pinan Shodan  
Pinan Sandan  
Pinan Yodan  
Pinan Godan  
Ku Shan Ku  
Nai Fanchi

## **Sparring:**

**Anything else at examiners request from previous grading or training.**

# **BLACK BELT 1<sup>st</sup> Degree**

## **Stamina level:**

100 Press ups, 100 Sit ups, 100 Squat thrusts

## **Basics:**

Step and punch

Step and reverse punch

Kick, then punch

Block, then punch

Head block

Downward block

Inward block

Outside block

Knifehand block

Knee block

Slide snap punch

Twist slide snap punch

All blocks with reverse punch

## **Punches:**

Jab punch / reverse punch / hook punch

Jab punch / uppercut / hook punch

Ridgehand / (same arm) backfist / reverse punch

## **Strikes:**

Throat strike / hooking elbow

Groin kick / downward hammerfist

Slide elbow / jumping knee kick

Rear elbow ridgehand / knee kick

## **Kicks:**

Front kick / roundhouse kick / one step hook kick

Roundhouse kick / jump spinning crescent kick

One step hook kick / spinning back kick / one step side kick

Axe kick / jumping hook kick (alternate legs)

## **Spinning kicks:**

Spinning back kick

Spinning hook kick

Spinning crescent kick

Spinning roundhouse kick

# **BLACK BELT 1<sup>st</sup> Degree**

(Continued)

**Jumping kicks:**

Jumping front kick  
Jumping roundhouse kick  
Jumping knee  
Jumping side kick  
Jump spinning hook kick  
Jump spinning back kick

**Hand and feet combinations:**

Jab punch / cross punch / roundhouse kick (rear leg) / jump spinning crescent kick (front leg)  
Jab punch / one step hook kick / spinning back fist / reverse punch  
One step side kick / jump spinning hook kick / backfist / ridgehand  
Jab punch / cross punch / hook punch / spinning crescent kick

**Defence:**

Floor work against kicks and punches  
Clock face evasion

**Kata:**

Pinan Nidan  
Pinan Shodan  
Pinan Sandan  
Pinan Yodan  
Pinan Godan  
Ku Shan Ku  
Nai Fanchi  
Chinto

**Sparring:**

**Anything else at examiners request from previous grading or training.**











**WA DO RYU**  
**和 道 流**  
**Harmony Peace Way School**