



CANADIAN ZENKUREN WADOKAI ASSC.  
U S WADO KAI ASSC.

## EXAMINATION FOR 4 KYU EXAMINER

### MINIMUM PREREQUISITE QUALIFICATIONS

JKF WADO KAI 3 DAN

3 KYU INSTRUCTOR CERTIFICATION

NCCP LEVEL 3

## PASSING THIS QUALIFICATION ALLOWS YOU TO

GRADE UP TO, AND INCLUDING SHODAN IN YOUR REGION

## EXAMINATION REQUIREMENTS

- |           |   |              |
|-----------|---|--------------|
| <b>A.</b> | <b>PRACTICAL DEMONSTRATION</b>                                  | <b>(20%)</b> |
|           | Demonstrate the Shodan syllabus.                                |              |
| <b>B.</b> | <b>EVALUATION</b>   | <b>(80%)</b> |
|           | Evaluate a shodan candidate with respect to the following items |              |

## **1. KIHON**

### **1.1 Stances (Tachikata)**

- 1.1.1 Practical positioning of feet for maximally effective movement
- 1.1.2 Positioning of knees with respect to direction of feet
- 1.1.3 Use of legs to drive movement
- 1.1.4 Posture
- 1.1.5 Precision (kokutsu/mahanmi neko ashi/hanmi neko ashi/shiko dachi are clearly different)
- 1.1.6 Upper body relaxation
- 1.1.7 Maintains center of gravity parallel to floor during stance transition

### **1.2 Punching techniques (Tsuki waza)**

- 1.2.1 Relaxation of arms and shoulder before and during delivery of technique
- 1.2.2 Natural breathing
- 1.2.3 Impression of defense within offensive punch
- 1.2.4 Correct equal and opposite reaction dynamics
- 1.2.5 Tension of all body musculature at the moment of impact
- 1.2.6 Position of elbow
- 1.2.7 Position of eyes and head
- 1.2.8 Position of body
- 1.2.9 Precision of target
- 1.2.10 Correct formation of a fist
- 1.2.11 Uses the maximal number of joints
- 1.2.12 Uses the maximal number of joints in the correct order
- 1.2.13 Maintains same height during execution of technique

### **1.3 Kicking techniques (Keriwaza)**

- 1.3.1 Relaxation of legs before and during delivery of technique
- 1.3.2 Retraction of kicking leg
- 1.3.3 Position of knee before and after kick
- 1.3.4 Correct part of the kicking foot
- 1.3.5 Natural breathing
- 1.3.6 Impression of defense within offensive kick
- 1.3.7 Correct equal and opposite reaction dynamics
- 1.3.8 Tension of all body musculature at the moment of impact

- 1.3.9 Stability of support leg
- 1.3.10 Position of body with respect to kick direction
- 1.3.11 Centered at the moment of inertia
- 1.3.12 Balance
- 1.3.13 Position of eyes and head
- 1.3.14 Maintains same height throughout execution of technique

#### **1.4 Combination techniques**

- 1.4.1 Minimized gaps between techniques
- 1.4.2 Smooth transition
- 1.4.3 Final technique finishes at same time stance movement completes (rhythm & timing)
- 1.4.4 Balance
- 1.4.5 Body positioning

#### **1.5 Psychological status**

- 1.5.1 Calm and controlled fighting spirit (Shin)
- 1.5.2 Energy from within extended outward (Ki)
- 1.5.3 Purposeful
- 1.5.4 Non-malicious
- 1.5.5 Deals with success or disappointment equally

#### **1.6 Principles**

- 1.6.1 Rotation of central axis (Centrifugal force)
- 1.6.2 Forward and backward (linear) momentum
- 1.6.3 Equal and opposite reaction
- 1.6.4 Maximizing impact force by using maximal joints simultaneously and put entire body mass behind technique
- 1.6.5 Maximize velocity by using joints in correct order from large to small muscle mass
- 1.6.6 Turn quickly by decreasing moment of inertia (reducing resistance to spin)
- 1.6.7 Maximize speed by moving body mass as close as possible to axis of rotation

#### **1.7 Error identification**

- 1.7.1 Identify key errors
- 1.7.2 Explain causes of key errors
- 1.7.3 Describe strategies for correction

## **1.8 Factors affecting performance**

- 1.8.1 Inflexible joints
- 1.8.2 Age
- 1.8.3 Age when started karate
- 1.8.4 Years of training
- 1.8.5 Nature of training (alone, with instructor guidance etc)
- 1.8.6 Excessive muscle strength
- 1.8.7 Muscular weakness
- 1.8.8 Length of limbs
- 1.8.9 Body configuration
- 1.8.10 Psychological status
- 1.8.11 Personality

## **1.9 Judgement of Kihon performance**

- 1.9.1 Ability to differentiate between incorrect performance that may be due to above factors making techniques appear different and the examiner's image of the correct skills.
- 1.9.2 Focus on movements that affect the outcome of the technique.

## **2. KATA**

- 2.1 Realistic demonstration of meaning: realistic in fighting terms
- 2.2 Understanding bunkai
- 2.3 Rhythm, speed, balance, grace
- 2.4 Breathing
- 2.5 Focused attention and concentration (Chakugan)
- 2.6 Correct Tachi with feet correctly placed on floor
- 2.7 Correct tension in the abdominal area to maintain smooth stance transition
- 2.8 Correct Kihon
- 2.9 Focused impact (Kime)
- 2.10 Absence of unnecessary movement

### **3. YAKUSOKU KUMITE**

#### **4. JIYU KUMITE**

- 4.1 Effective offensive defense
- 4.2 Effective defensive offense
- 4.3 Use of body shifting
- 4.4 Reaction timing
- 4.5 Target accuracy
- 4.6 Range of techniques
- 4.7 Combinations
- 4.8 Footwork
- 4.9 Distancing
- 4.10 Kiai
- 4.11 Control
- 4.12 Understands rules of competition