Prüfungsprogramm Wadokai

7. Kyu Orangegurt

Kihon Tsuki und Keri
1. Junzuki No Tsukomi
2. Gyakuzuki No Tsukomi
3. Mawashigeri Chudan

Renzoku Waza - Kombinationen
1. Maegeri Chudan - Mawashigeri Jodan - Gyakuzuki Chudan
2. Surikomi Maegeri Chudan - Mawashigeri Jodan - Gyakuzuki Chudan

Sanbon Kumite
1. Chudan Uke (Soto Uke) Ipponme - Maegeri/Gyakuzuki
2. Chudan Uke (Uchi Uke) Nihonme - Empi
3. Chudan Maegeri Uke Ipponme - Uchiharai/Gyakuzuki
4. Chudan Maegeri Uke Nihonme - Uchiharai/Gyakuzuki

Kata
1. Pinan Nidan
2. Pinan Shodan

Yakusoku Kumite - Jiyu Ippon Kumite