7. Dan Schwarzgurt

Prüfungsprogramm Wadokai

Tsuki Waza
1. Kette Junzuki Nidozuki
2. Kette Gyakuzuki Nidozuki
3. Kette Junzuki No Tsukomi Nidozuki
4. Kette Gyakuzuki No Tsukomi Nidozuki
5. Tobikomizuki
6. Nagashizuki

Uchi Waza
1. Shuto: Hidari-Migi-Jodan
2. Tettsui: Hidari Yoko Jodan - Migi Otoshi Chudan
3. Uraken: Hidari Yoko Jodan - Migi Mashomen Uraken Jodan
4. Haito: Hidari-Migi Ganmen - Hidari Ganmen - Renzoku Uchi Jodan - Migi Chudan
5. Teisho: Hidari Age - Migi Age Jodan
6. Empi: Age Jodan - Mawashi Jodan - Yoko Chudan - Ushiro Chudan

Keri Waza
1. Maegeri
2. Mawashigeri
3. Sokuto
4. Sokuto Fumikomi
5. Hizageri Mae Yoko
6. Yokogeri
7. Ushirogeri
8. Nidangeri
9. Tobi Sokuto (Kesageri)
10. Ushiromawashigeri

Renzoku Waza
1. 10-Jiyu Renzuko Waza
2. 12-Jiyu Renzoku Waza

Kata
2 Kata nach Wahl

Ohyo Kumite	***Kihon Kumite***	***Tanto Tori***	***Idori***
1. Ipponme	1. Ipponme	1. Ipponme	1. Ipponme
2. Nihonme	2. Nihonme	2. Nihonme	2. Nihonme
3. Sanbonme	3. Sanbonme	3. Sanbonme	3. Sanbonme
4. Yonhonme	4. Yonhonme	4. Yonhonme	4. Yonhonme
5. Gohonme	5. Gohonme	5. Gohonme	5. Gohonme
6. Ropponme	6. Ropponme	6. Ropponme	6. Ropponme
7. Nanahonme	7. Nanahonme	7. Nanahonme	7. Nanahonme
8. Hachihonme	8. Hachihonme	8. Hachihonme	
9. Kyuhonme	9. Kyuhonme	9. Kyuhonme	
10. Jupponme	10. Jupponme	10. Jupponme	