1. 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 Otoshi 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. Maegeri Jodan - Mawashigeri Jodan - Ushirogeri Chudan - Uraken Jodan - Shuto Uke Jodan (Nekoashi) - Nekoashi Maegeri - Nagashizuki Jodan - Gyakuzuki Chudan
2. Zenshinshite Jodan/Chudan Renzuki - Nidangeri – Gyakuzuki Jodan - Nagashizuki Jodan - Surikomi Sokuto Jodan

Kata

1. Naihanchi
2. Kushanku
3. Chinto

Ohyo Kumite

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme

Kihon Kumite

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme

Jiyu Kumite