Prüfungsprogramm Wadokai

5. Kyu Blaugurt

Kihon Tsuki und Keri

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukomi
4. Kette Gyakuzuki No Tsukomi
5. Nagashizuki
6. Ushirogeri
7. Sokuto Chudan
8. Maetobigeri Jodan

Renzoku Waza - Kombinationen

1. Mawashigeri Chudan - Ushirogeri Gedan - Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi - Ushirogeri Chudan - Uraken Jodan

Sanbon Kumite

1. Jodan Uke - Sanbonme
   Jodan Uke - Yonhonme
2. Chudan Maegeri Uke - Gohonme
   Chudan Maegeri Uke - Ropponme
3. Chudan Uchi Uke - Otoshi Uke Ipponme
4. Chudan Soto Uke - Maki Uke Ipponme

Kata

1. Pinan Sandan
2. Pinan Yodan

Ohyo Kumite Nihonme

Yakusoku Kumite - Jiyu Sanbon Kumite

Jiyu Kumite