1. Kyu Braungurt

Prüfungsprogramm Wadokai

Kihon Tsuki und Keri

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

Renzoku Waza

1. Zenshinshite Jodan/Chudan Renzuki - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan -Gyakuzuki Chudan
2. Surikomi Jodan/Chudan Renzuki - Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Uraken Jodan
3. Zenshinshite Jodan/Chudan Renzuki - Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan

Sanbon Kumite

1. Jodan Uke - Haishu Uke - Teisho Agezuki (Uchi)
2. Chudan Uke - Hasami Uke - Uraken Jodan
3. Chudan Maegeri Uke - Renzoku Sotoharai Uke Gyakuzuki Nihonme
4. Chudan Maegeri Uke - Renzoku Uchiharai Uke Gyakuzuki Nihonme

Kata

1. Kushanku
2. Chinto

Ohyo Kumite

1. Yonhonme
2. Gohonme

Kihon Kumite

1. Sanbonme
2. Yonhonme

Jiyu Kumite