



KWKA

KARATE WADO KAIZEN ACADEMY

GRADING EXAMS

PROGRAMME DAN

2026-28

Edited by **M° Massimo CONTI** VIII Dan Kyoshi
and the Technical Commission

www.wadokaizen.it

YUDANSHA

KARATE WADO KAIZEN ACADEMY

Reaching the rank of black belt is often wrongly seen as a finish line.

Anyone who has practised with diligence knows very well that only a high-ranking black belt can say they practise, or know, what karate is in its deepest and truest essence.

*Karate is a method for uniting body and spirit (**SHIN GI TAI**) and for making human life broader and deeper, with the sole aim of spiritual and physical development as close to perfection as possible.*

An old Zen teacher said: begin each day as if it were your first. End each day as if it were your last.

Perfectionism is the essence of beauty.

**“Plan your work,
then work your plan”**

INTRODUCTION TO THE DAN TECHNICAL PROGRAMME

CHIEF INSTRUCTOR

MASSIMO CONTI

Head of School, KWKA

This programme is the official guideline of our Academy for the training and assessment of DAN grades. It is the result of decades of practice, study and exchange, and contains not only the technical requirements essential for grading, but also the educational, ethical and methodological principles that form the foundation of our style.

Each candidate's path is measured not only by the correct execution of techniques, but by the maturity shown in interpreting the spirit of Wado Ryu: harmony of mind, body and attitude.

Every DAN examination should therefore be seen as a stage of growth, not as a final goal, and our teachers are responsible for guiding this path with consistency, rigour and passion.

This document is given to technical instructors as a common reference tool, to standardise teaching, ensure shared assessment criteria and convey to students a clear and consistent vision of progression.

Our goal is not simply to train expert practitioners, but men and women who know how to live and pass on the values of Karate-Do, keeping tradition alive while remaining open to constant improvement.



MASSIMO CONTI
HEAD OF SCHOOL KWKA

SHODAN HO

The student must be able to perform:

Ho SHO DAN

REQUIREMENTS At least 12 years of age + 5 CFA from the previous grade

1 Kihon Tsuki and Uke Arm techniques and blocks	▪ Junzuki ▪ Gyakuzuki ▪ Junzuki-No-Tsukomi ▪ Gyakuzuki-No-Tsukomi ▪ Tobikomizuki ▪ Tobikomi Nagashizuki
2 Kihon Keri Leg techniques	▪ Maegeri Chudan ▪ Mawashigeri Chudan – Tsugi-Ashi Mawashigeri Jodan ▪ Ura-Mawashigeri ▪ Sokuto Chudan ▪ Ushirogeri Chudan
3 Renraku Waza Pad Work: application on focus pads	<i>Fighting technique combinations</i> ▪ 1. Kizamizuki Jodan – Gyakuzuki Chudan ▪ 2. Mawashigeri Chudan – Uraken Jodan
4 Kata	4a Shiho Kata (1 to 5) 4b Kushanku
5 Kumite	5a Sanbon Kumite (Tsuki 1 to 5) 5b Sanbon Kumite (Keri 1 to 5) 5c Kihon Kumite 1 5d Tanbo Dori 1 5e Jiju Kumite (1 × 1')
6 Goshin Jitsu	1st technique from the book
7 Hikki Shinken	Tell your story as a karateka: how, when and why you started, and what you respect about this martial art.

SHODAN

The student must be able to perform:

1st DAN

REQUIREMENTS

1 year of active standing in the previous grade + 5 CFA from the previous grade, at least 3 of them in the current year

1 Kihon Tsuki and Uke Arm techniques and blocks	▪ Junzuki & Kette Junzuki ▪ Gyakuzuki & Kette Gyakuzuki ▪ Junzuki-No-Tsukomi & Kette Junzuki-No-Tsukomi ▪ Gyakuzuki-No-Tsukomi & Kette Gyakuzuki-No-Tsukomi ▪ Tobikomizuki Jodan ▪ Tobikomi Nagashizuki Jodan
2 Kihon Keri Leg techniques	▪ Maegeri Chudan ▪ Mawashigeri Chudan – Tsugi-Ashi Mawashigeri Jodan ▪ Ura-Mawashigeri ▪ Sokuto Chudan ▪ Ushirogeri Chudan
3 Renraku Waza Pad Work: application on focus pads	<i>Fighting technique combinations</i> ▪ 1. Kizamizuki Jodan – Gyakuzuki Chudan ▪ 2. Mawashigeri Chudan – Uraken Jodan ▪ 3. Maegeri Chudan – Gyakuzuki Jodan
4 Kata	4a Pinan Shodan 4b Kushanku
5 Kumite	5a Kihon Kumite 1-2 5b Kumite Kata 1-2 5c Tanbo Dori 1-2 5d Jiju Kumite (1 × 1')
6 Goshin Jitsu	1st – 2nd technique from the book
7 Hikki Shinken	Summarise in your own words what you have learned from studying the following chapters of the book: 1 – 2.

NI DAN

The student must be able to perform:

2nd DAN

REQUIREMENTS

2 years of active standing in the previous grade + 10 CFA from the previous grade, at least 3 of them in the current year

1 Kihon Tsuki and Uke Arm techniques and blocks	▪ Junzuki & Kette Junzuki ▪ Gyakuzuki & Kette Gyakuzuki ▪ Junzuki-No-Tsukomi & Kette Junzuki-No-Tsukomi ▪ Gyakuzuki-No-Tsukomi & Kette Gyakuzuki-No-Tsukomi ▪ Tobikomizuki Jodan ▪ Tobikomi Nagashizuki Jodan
2 Kihon Keri Leg techniques Kekaeshi: two kicks with the same leg	▪ Maegeri Chudan ▪ Mawashigeri Chudan – Tsugi-Ashi Mawashigeri Jodan ▪ Ura-Mawashigeri ▪ Sokuto Chudan ▪ Ushirogeri Chudan
3 Renraku Waza Pad Work: application on focus pads	<i>Fighting technique combinations</i> ▪ 1. Kizamizuki Jodan – Gyakuzuki Chudan ▪ 2. Mawashigeri Chudan – Uraken Jodan ▪ 3. Maegeri Chudan – Gyakuzuki Jodan ▪ 4. Kizamizuki Jodan – Gyakuzuki Chudan – Mawashigeri Chudan or Jodan
4 Kata	4a Pinan Nidan 4b Kushanku 4c Naihanchi
5 Kumite	5a Kihon Kumite (1 to 2) 5b Kumite Kata (1 to 2) 5c Kumite No Ura (1 to 2) 5d I-Dori (1 to 2) 5e Tanbo Dori (1 to 5) 5f Jiju Kumite (3 × 1') 5g Referee 1 Jiju Kumite – Referee 1 Kata
6 Goshin Jitsu	1st – 2nd – 3rd – 4th – 5th technique from the book
7 Hikki Shinken	Summarise in your own words what you have learned from studying the following chapters of the book: 3 – 4.

3rd to 5th DAN

ON THE DAN PATH, TIME IS NOT THE ONLY THING THAT COUNTS

“WHAT COUNTS IS THE WEIGHT OF RESPONSIBILITY”

Up to 1st and 2nd DAN, technical competence is demonstrated.
From 3rd Dan upwards, the PARADIGM changes.

From **3rd Dan** you are no longer just an advanced practitioner.
You become a reference.
You become a guide.
You become a silent example.

4th Dan consolidates maturity:
you do not perform Karate, you embody it.

5th Dan is not a technical milestone, but a level of awareness and responsibility towards the school, the students and the tradition.

From 3rd Dan onwards you no longer work for yourself:
you work for what you pass on.

***“The belt stays black,
but the weight on your shoulders changes.”***

SAN DAN

The student must be able to perform:

3rd DAN

REQUIREMENTS

3 years of active standing in the previous grade + 15 CFA from the previous grade, at least 3 of them in the current year

1 Kihon Tsuki and Uke Arm techniques and blocks	■ Kette Sando Junzuki ■ Kette Sando Gyakuzuki ■ Junzuki-No-Tsukomi & Kette Junzuki-No-Tsukomi ■ Gyakuzuki-No-Tsukomi & Kette Gyakuzuki-No-Tsukomi ■ Tobikomizuki Jodan ■ Tobikomi Nagashizuki Jodan
2 Kihon Keri Leg techniques Kekaeshi: two kicks with the same leg	■ Maegeri Chudan ■ Mawashigeri Chudan – Tsugi-Ashi Mawashigeri Jodan ■ Ura-Mawashigeri ■ Sokuto Chudan ■ Ushirogeri Chudan
3 Renraku Waza	<i>Fighting technique combinations (all of the previous)</i>
3 Renzoku Waza in pairs	■ 1. Tobikomi Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Chudan ■ 2. Uchi Okuriashi Jodan Nagashi Junzuki – Jodan Gyakuzuki – Maegeri Chudan ■ 3. Okuriashi Gyakuzuki Chudan – Tobikomi Nagashizuki – Mawashigeri Chudan ■ 4. Tsugiashi Jodan Gyakuzuki – Deashibarai Kekaeshi Sokuto Kekomi – Jodan Uraken – Chudan age Gyakuzuki
4 Kata	<i>One Pinan, chosen by the Technical Commission</i> 4a Kushanku 4b Naihanchi 4c Seishan
5 Kumite	5a Kihon Kumite (1 to 3) 5b Kumite Kata (1 to 3) 5c Kumite No Ura (1 to 3) 5d I-Dori (1 to 3) 5e Tanbo Dori (1 to 5) 5f Tanto Dori 1-2-3 5g Jiju Kumite (3 × 1') 5h Referee 1 Jiju Kumite – Referee 1 Kata
6 Goshin Jitsu	3 blocks derived from the Ohio Dosa of the 5 Sanbon Kumite
7 Hikki Shinken	Summarise in your own words what you have learned from studying the following chapters of the book: 5 – 6.

YON DAN

The student must be able to perform:

4th DAN

REQUIREMENTS

4 years of active standing in the previous grade + 20 CFA from the previous grade, at least 3 of them in the current year

1 Kihon Tsuki and Uke Arm techniques and blocks	■ Kette Sando Junzuki ■ Kette Sando Gyakuzuki ■ Junzuki-No-Tsukomi & Kette Junzuki-No-Tsukomi ■ Gyakuzuki-No-Tsukomi & Kette Gyakuzuki-No-Tsukomi ■ Tobikomizuki Jodan ■ Tobikomi Nagashizuki Jodan
2 Kihon Keri Leg techniques Kekaeshi: two kicks with the same leg	■ Maegeri Chudan ■ Mawashigeri Chudan – Tsugi-Ashi Mawashigeri Jodan ■ Ura-Mawashigeri ■ Sokuto Chudan ■ Ushirogeri Chudan
3 Renraku Waza	<i>Fighting technique combinations (all of the previous)</i>
3 Renzoku Waza in pairs	■ 1. Tobikomi Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Chudan ■ 2. Uchi Okuriashi Jodan Nagashi Junzuki – Jodan Gyakuzuki – Maegeri Chudan ■ 3. Okuriashi Gyakuzuki Chudan – Tobikomi Nagashizuki – Mawashigeri Chudan ■ 4. Tsugiashi Jodan Gyakuzuki – Deashibarai Kekaeshi Sokuto Kekomi – Jodan Uraken – Chudan age Gyakuzuki
4 Kata	4a Pinan Dai 4b Kushanku 4c Naihanchi 4d Seishan 4e Chinto
5 Kumite	5a Kihon Kumite (1 to 4) 5b Kumite Kata (1 to 4) 5c Kumite No Ura (1 to 4) 5d I-Dori (1 to 4) 5e Tanbo Dori (1 to 5) 5f Tanto Dori (1 to 4) 5g Jiju Kumite (3 × 1') 5h Referee 1 Jiju Kumite – Referee 1 Kata
6 Goshin Jitsu	4 blocks derived from the Ohio Dosa of the 5 Sanbon Kumite
7 Hikki Shinken	Summarise in your own words what you have learned from studying the following chapters of the book: 7 – 8 – 9.

GO DAN

The student must be able to perform:

5th DAN

REQUIREMENTS

5 years of active standing in the previous grade + 25 CFA from the previous grade, at least 3 of them in the current year

1 Kihon Tsuki and Uke Arm techniques and blocks	■ Kette Sando Junzuki ■ Kette Sando Gyakuzuki ■ Junzuki-No-Tsukomi & Kette Junzuki-No-Tsukomi ■ Gyakuzuki-No-Tsukomi & Kette Gyakuzuki-No-Tsukomi ■ Tobikomizuki Jodan ■ Tobikomi Nagashizuki Jodan
2 Kihon Keri Leg techniques Kekaeshi: two kicks with the same leg	■ Maegeri Chudan ■ Mawashigeri Chudan – Tsugi-Ashi Mawashigeri Jodan ■ Ura-Mawashigeri ■ Sokuto Chudan ■ Ushirogeri Chudan
3 Renraku Waza	<i>Fighting technique combinations (all of the previous)</i>
3 Renzoku Waza in pairs	■ 1. Tobikomi Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Chudan ■ 2. Uchi Okuriashi Jodan Nagashi Junzuki – Jodan Gyakuzuki – Maegeri Chudan ■ 3. Okuriashi Gyakuzuki Chudan – Tobikomi Nagashizuki – Mawashigeri Chudan ■ 4. Tsugiashi Jodan Gyakuzuki – Deashibarai Kekaeshi Sokuto Kekomi – Jodan Uraken – Chudan age Gyakuzuki
4 Kata	4a Pinan Dai 4b Kushanku 4c Naihanchi 4d Seishan 4e Chinto 4f Bassai
5 Kumite	5a Kihon Kumite (1 to 5) 5b Kumite Kata (1 to 5) 5c Kumite No Ura (1 to 5) 5d I-Dori (1 to 5) 5e Tanbo Dori (1 to 5) 5f Tanto Dori (1 to 5) 5g Jiju Kumite (3 × 1') 5h Referee 1 Jiju Kumite – Referee 1 Kata
6 Goshin Jitsu	5 blocks derived from the Ohio Dosa of the 5 Sanbon Kumite
7 Hikki Shinken	Summarise in your own words what you have learned from studying the following chapters of the book: 10 to 15.

ROKU DAN

The student must be able to perform:

6th DAN

REQUIREMENTS

6 years of active standing in the previous grade + 30 CFA from the previous grade, at least 3 of them in the current year

1 Kihon Tsuki and Uke Arm techniques and blocks	■ Kette Sando Junzuki ■ Kette Sando Gyakuzuki ■ Junzuki-No-Tsukomi & Kette Junzuki-No-Tsukomi ■ Gyakuzuki-No-Tsukomi & Kette Gyakuzuki-No-Tsukomi ■ Tobikomizuki Jodan ■ Tobikomi Nagashizuki Jodan
2 Kihon Keri Leg techniques Kekaeshi: two kicks with the same leg	■ Maegeri Chudan ■ Mawashigeri Chudan – Tsugi-Ashi Mawashigeri Jodan ■ Ura-Mawashigeri ■ Sokuto Chudan ■ Ushirogeri Chudan
3 Renraku Waza	<i>Fighting technique combinations (all of the previous)</i>
3 Renzoku Waza in pairs	■ 1. Tobikomi Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Chudan ■ 2. Uchi Okuriashi Jodan Nagashi Junzuki – Jodan Gyakuzuki – Maegeri Chudan ■ 3. Okuriashi Gyakuzuki Chudan – Tobikomi Nagashizuki – Mawashigeri Chudan ■ 4. Tsugiashi Jodan Gyakuzuki – Deashibarai Kekaeshi Sokuto Kekomi – Jodan Uraken – Chudan age Gyakuzuki
4 Kata	4a Pinan Dai 4b Kushanku 4c Naihanchi 4d Seishan 4e Chinto 4f Bassai 4g Jion 4h Niseishi
5 Kumite	All techniques required up to 5th Dan + TANBO – TANTO – TACHI Dori (1 to 5)
6 Goshin Jitsu	5 blocks derived from the Ohio Dosa of the 5 Sanbon Kumite
7 Hikki Shinken	<i>Tell your story as a karateka:</i> ■ 1. Describe the most beautiful experience you have had. ■ 2. What motivated you to take on such a long and demanding path. ■ 3. Describe what the greatest difficulty was. ■ 4. Explain what you have learned from this long journey.