



BRITISH WADOKAI KARATE

Standardisation Wado Karate Course Part 1 – *Kihon-waza, Renraku-waza, Sanbon-gumite.*

KIHON-WAZA

'Fundamental principles' or 'fundamental techniques'. The basic training techniques found in most, if not all, martial-arts and practised repetitively in order to create a natural mental and physical state of execution and reaction. The Kihon-waza required for Yudan Shinsa include:

KIHON-WAZA

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Tobikomizuki-jodan
6. Nagashizuki-jodan
7. Mawashigeri-jodan
8. Sokuto-jodan
9. Ushirogeri-chudan
10. Nidangeri-jodan

RENRAKU-HENKA-WAZA

'Continuous changing techniques' or 'combination techniques'. Due to the implication of 'continual flowing movement', more popularly referred to, in Wadoryu, as Renraku-waza.

RENRAKU-WAZA

'Continuous techniques' or 'combination techniques'. Used to combine fundamental movements in a fluid and flowing manner. The Renraku-waza required for Yudan Shinsa include:

RENRAKU-WAZA

1. Zenshinshite-jodan – Renzuki-chudan – Maegeri-chudan – Mawashigeri-jodan – Ushirogeri-chudan – Uraken-uchi-jodan
2. Surikomi-jodan – Renzuki-chudan – Surikomi-sokuto-jodan – Ushirogeri-chudan – Gyakuzuki-chudan
3. Zenshinshite-jodan – Renzuki-chudan – Maegeri-chudan – Nagashizuki-jodan – Gyakuzuki-chudan – Mawashigeri-jodan – Ushirogeri-chudan – Uraken-uchi-jodan

SANBON-GUMITE

'Three-step sparring'. A system of combat in Karate where an attacker steps back into stance (with Kiai), then forward with three consecutive punches or kicks.

Sanbon-gumite-junzuki-uke. *The of the most important principles contained within these are Ma-ai and Kime-no-taemanai, which are important elements within all Judo and Ju-jutsu based systems.*

Sanbon-gumite-maegeri-uke. *Two of the most important principles contained within these are Ma-ai and Maai-suru.*

On all Sanbon-gumite the defender moves back and the third attack is countered with a finishing technique. For example, the Sanbon-gumite as practised by the British Wadokai Karate-do Federation:

(A = Attack, D = Defence - R = Right stance, L = Left stance)

Sanbon-gumite-junzuki-uke:

Ipponme; A - Yohi, step back into left junzuki - Step forward 3 junzuki attack, jodan. D - Yohi, step back into R, L, R, 2 head blocks (jodan-uke with junzuki-dachi), on the 3rd technique the left leg step backs behind right (hachiji-dachi) while performing left back hand block (haishu-uke) and right



rising punch to the head (jodan-age-tsuki), slide in left elbow strike to the body (chudan-empi-uchi with gyaku-zuki-dachi).

Nihonme; A - As above. D - Yohi, back into L, R, L, 2 head blocks (jodan-uke), on the 3rd technique strike with left punch/forearm block (jodan-zuki/ude-uke) while in four-point stance (shiko-ashi-dachi), grab right punching arm with left hand and back of opponent's neck with right, pull onto right knee strike to the body (hiza-geri-chudan).

Sanbonme; A - As above. D - Yohi, step back into L, R, L, 2 head blocks (jodan-uke), on the 3rd technique strike left flowing punch to the head (nagashi-zuki-jodan), draw back left leg for distance, right roundhouse kick to the body (mawashi-geri-chudan).

Yonhonme; A - As above. D - Yohi, step back into L, R, L, 2 head blocks (jodan-uke), on 3rd technique use rising/deflecting left forearm block (kote-uke) followed by left downward back-fist strike to the body (uraken-uchi-tate-mawashi-chudan), slide in with left leg (gyakuzuki-dachi), right (closed hand) ridge hand strike to the groin (haito-uchi-gedan).

Gohonme; A - Yohi, step back into left junzuki - Step forward 3 junzuki attack, chudan. D - Yohi, step back into R, L, R, 2 outer body blocks (soto-uke-chudan) in junzuki-dachi, on the 3rd technique step back into right front-viewing cat-stance (migi-mashomen-no-neko-ashi-dachi), right hand outer block (soto-uke) then grabs arm and holds after hooking (kake-shuto-uke), right front kick off leading leg (mae-ashi-maegeri-chudan), left reverse punch (gyakuzuki-chudan).

Ropponme; A - As above. D - Yohi, step back into R, L, R, 3 inner body blocks (uchi-uke-chudan), on 3rd step back move into four point stance (shiko-ashi-dachi), slide in with same stance right elbow strike (yoko-empi-uchi-chudan).

Sanbon-gumite-maegeri-uke:

Ipponme; A - Yohi, step back into left fighting stance (hidari-hanmi-gamae) - Step forward 3 front kicks to the body (maegeri-chudan). D - Yohi, back into R, L, slide back, left inner open hand deflecting block (te-nagashi-uke), right reverse punch chudan.

Nihonme; A - As above. D - Yohi, back into L, R, L, left inner open hand deflecting block, right reverse punch chudan.

Sanbonme; A - Yohi, step back into left fighting stance - Step forward 2 front kicks (maegeri-chudan), one step front kick (surikomi-maegeri-chudan). D - Yohi, step back into R, L, R, right inner open hand deflecting block, left reverse punch chudan.

Yonhonme; A - Yohi, step back into left fighting stance (hidari-hanmi-gamae) - Step forward 3 front kicks (maegeri-chudan). D - Yohi, step back into R, L, slide forward with left foot (junzuki-tsukkomi-dachi), left lower forearm block (gedan-ude-uke), right reverse punch chudan.

Gohonme; A - As above. D - Yohi, back into L, R, slide body to the left, right open hand deflecting block, slide back in with left reverse punch.

Ropponme; A - Yohi, step back into left fighting stance - Step forward 2 front kicks (maegeri-chudan), one step front kick (surikomi-maegeri-chudan). D - Yohi, back into R, L, slide body to the right, left open hand deflecting block, slide back in with right reverse punch.

Excerpts taken from the 'Wado Comprehensive' and an 'A to Z of Martial-arts', written by GE Swift Kyoshi.

The objectives with the British Wadokai Standardisation Course is to ensure that all members within British Wadokai are practising and teaching the correct form of Wado as laid down by Ohtsuka Hironori Meijin and Suzuki Tatsuo Hanshi.

The techniques of British Wadokai, which include, Kata, Sanbon-gumite, Ohyo-gumite, and Kihon-gumite were introduced into the UK in 1964 and are the most important primary foundations of British Wadokai Karate-do. There should be no modification or deviation from these principles and techniques. *It is not Wado if these primary training elements are not practised correctly.*