



**The Fundamental Wadoryu
Karate Kata
of the
British Wadokai
Karate-do Federation**

**Pinan-gata - Kushanku -
Naihanchi - Seishan - Chinto**



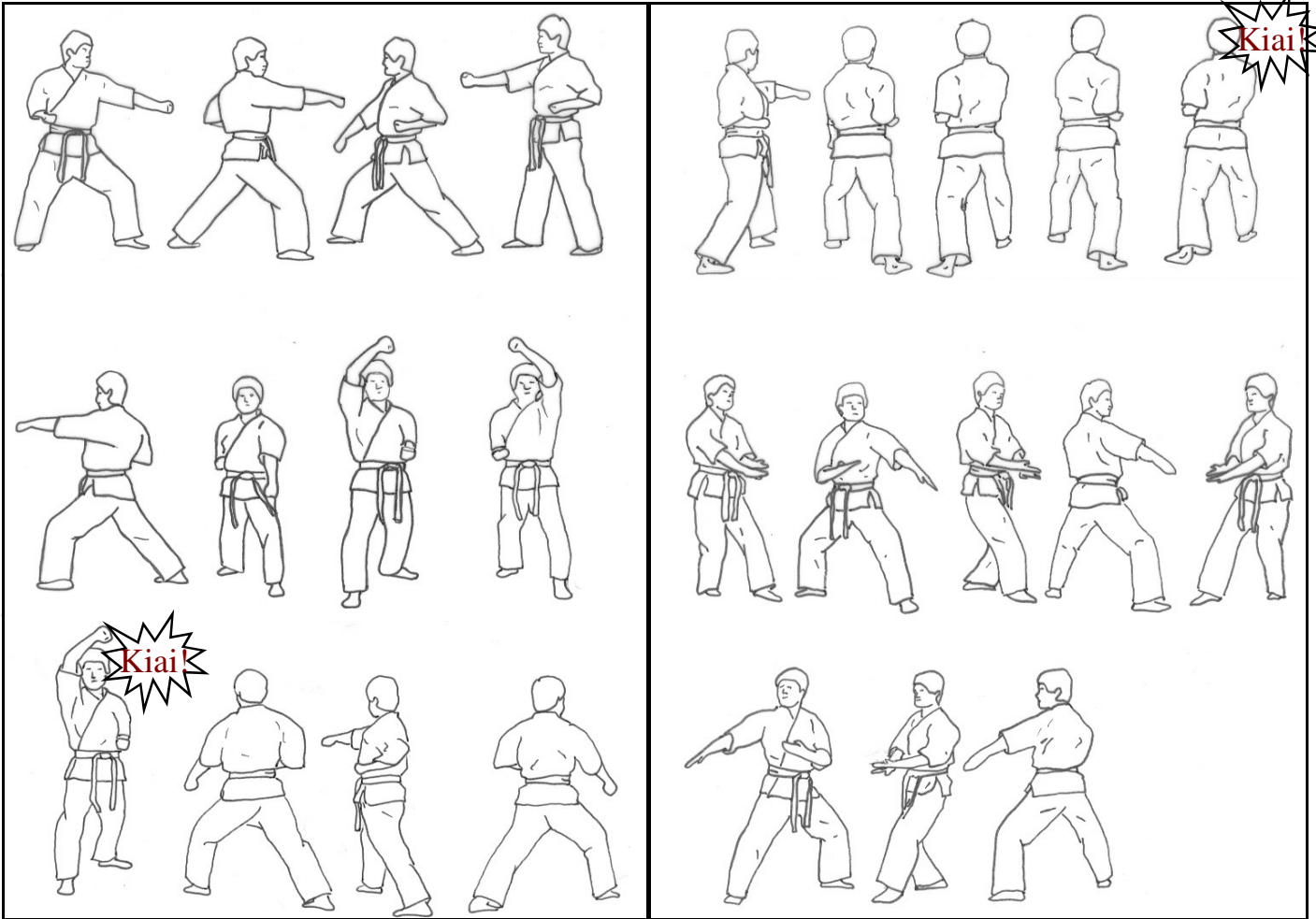
WARNING!

The author accepts no liability or responsibility for injuries sustained by anyone resulting from the practice of any techniques or ideas presented in this work. This book contains descriptions of Karate techniques which could be dangerous to apply to another person, resulting in serious injury or death. The movements and exercises recommended in here should not be attempted by anyone without the personal guidance of a qualified instructor, nor should the movements or exercises be attempted by anyone who is not in excellent physical condition and health. Performance of these exercises and movements should not be attempted without first consulting a physician. Do not attempt to perform any of the techniques in here if you are suffering from a heart condition, pregnancy, injuries of any kind, any other illness, chronic or acute, or any handicap or disability which might be affected by physical exercise and acrobatics.

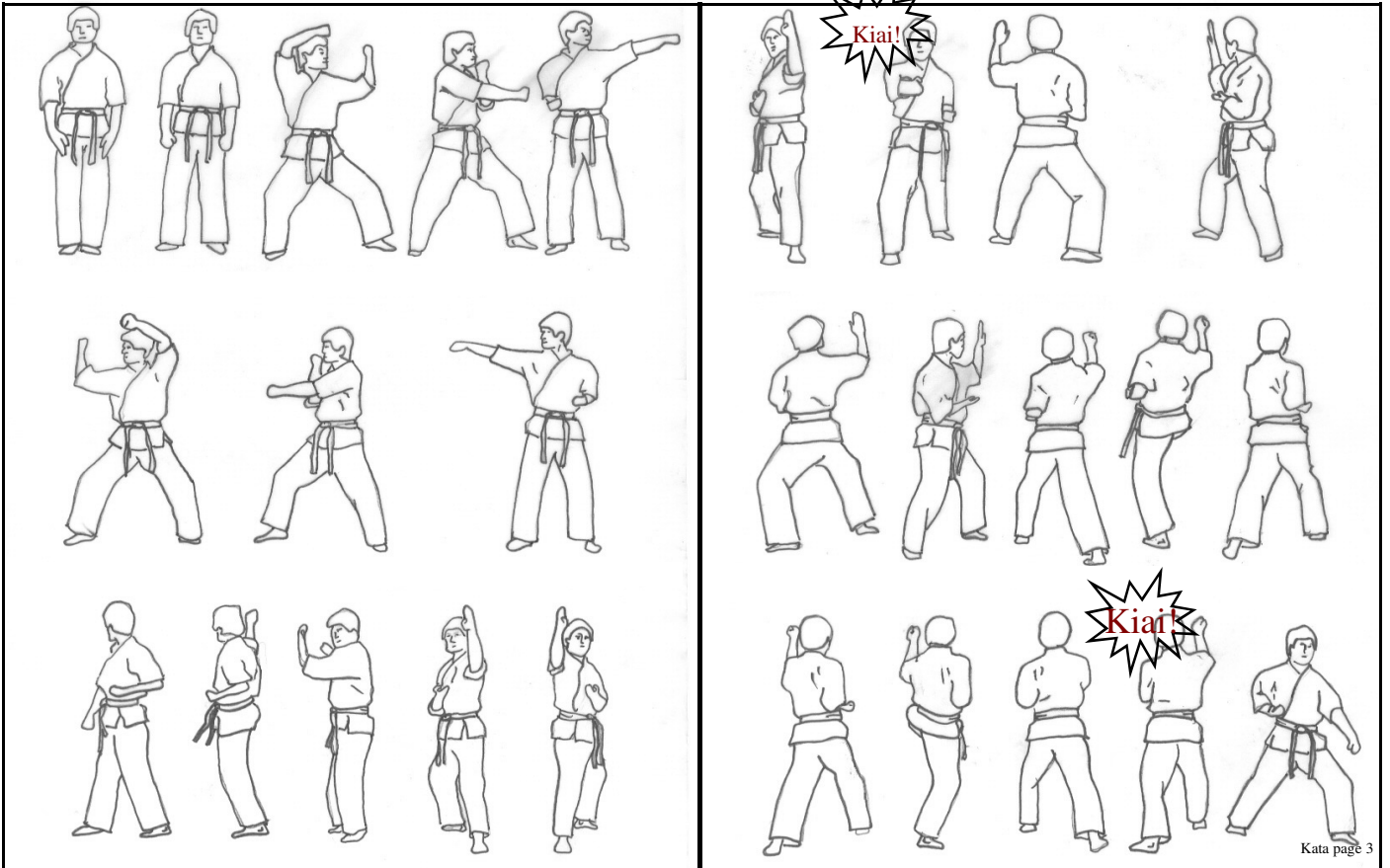
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Wado-ryu Karate Kata - Shown in practising order

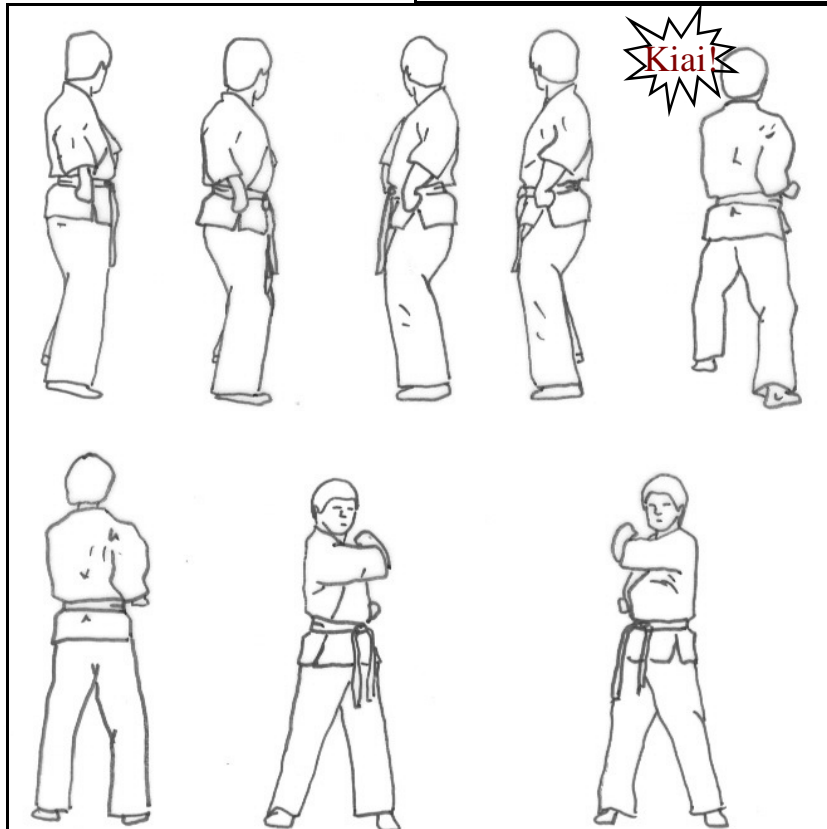
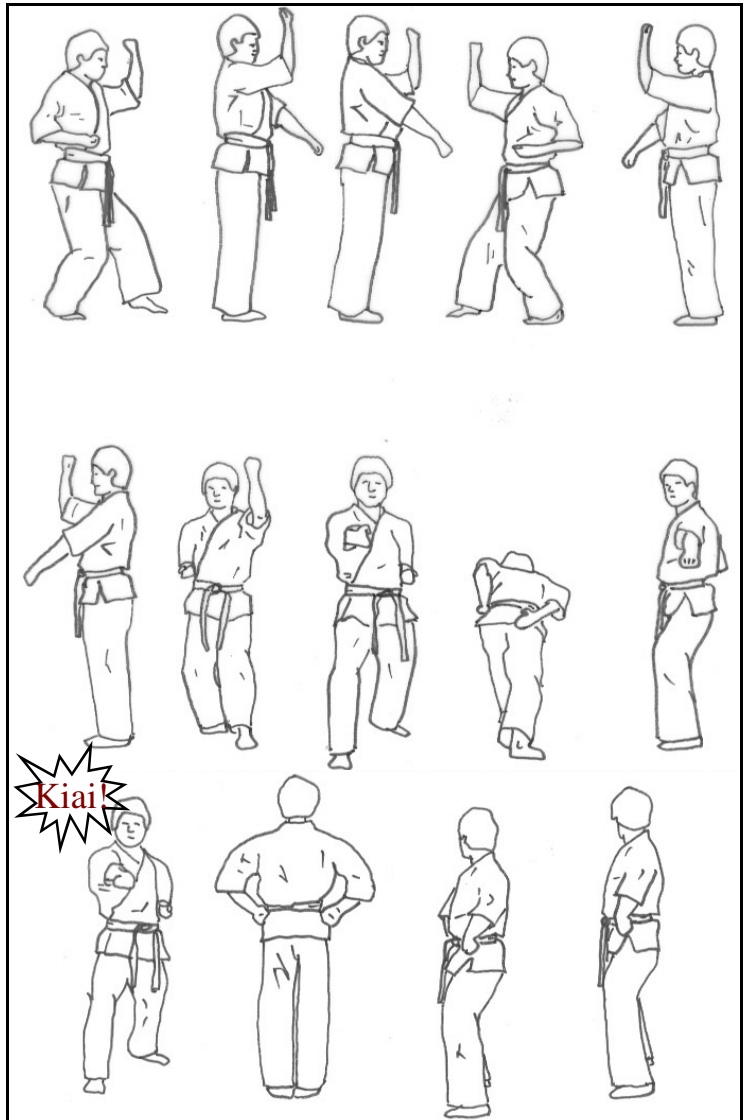
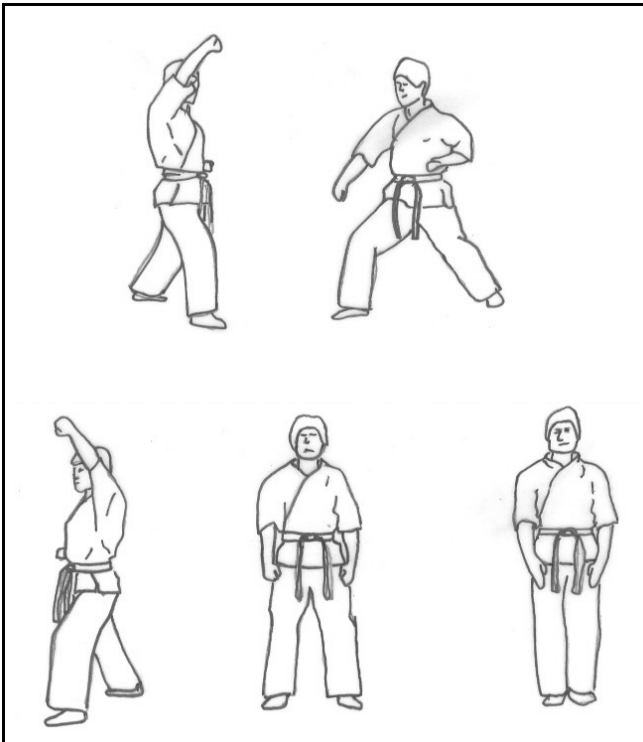
Pinan Nidan - (7th Kyu requirement)



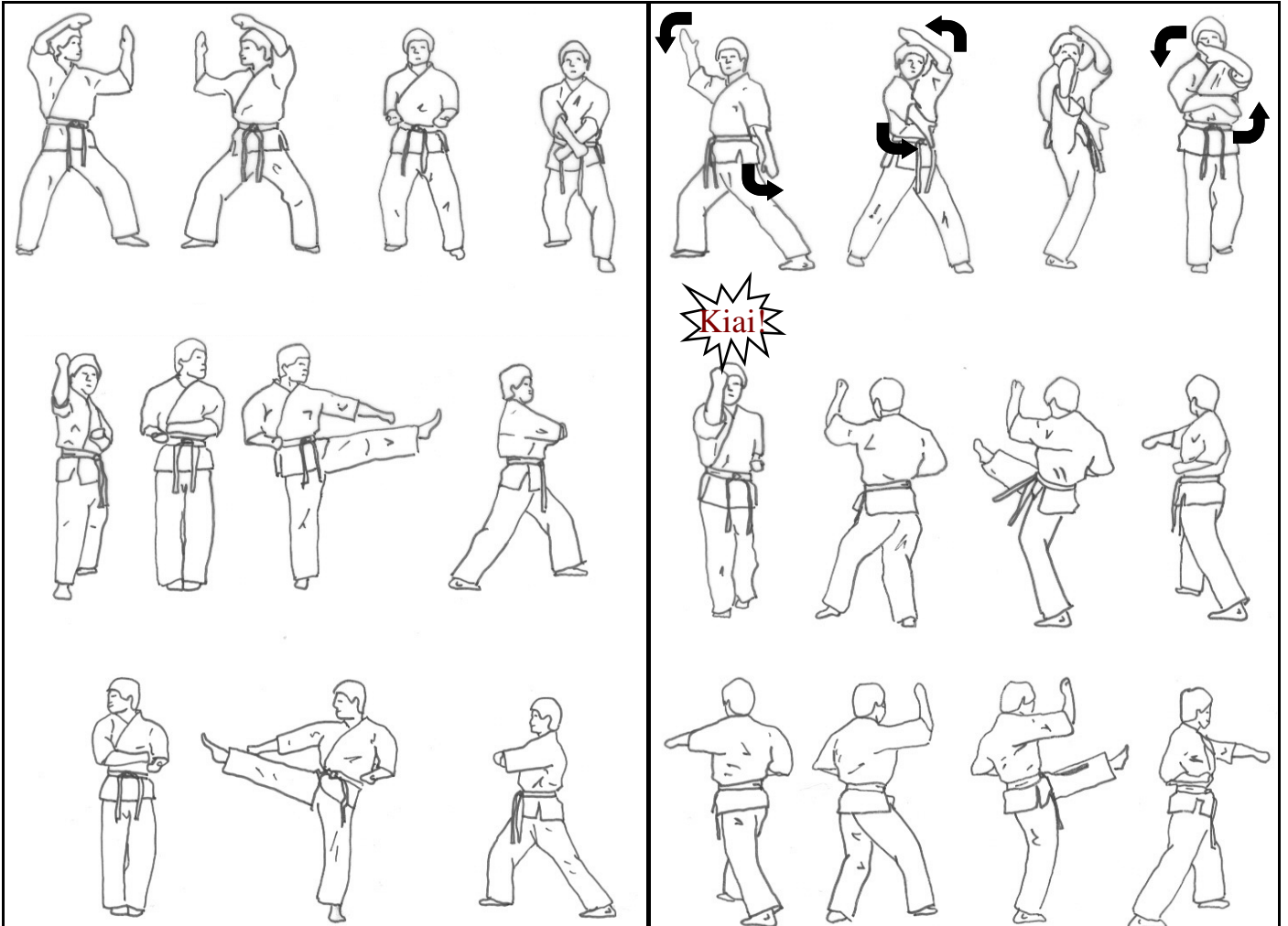
Pinan Shodan - (6th Kyu requirement)



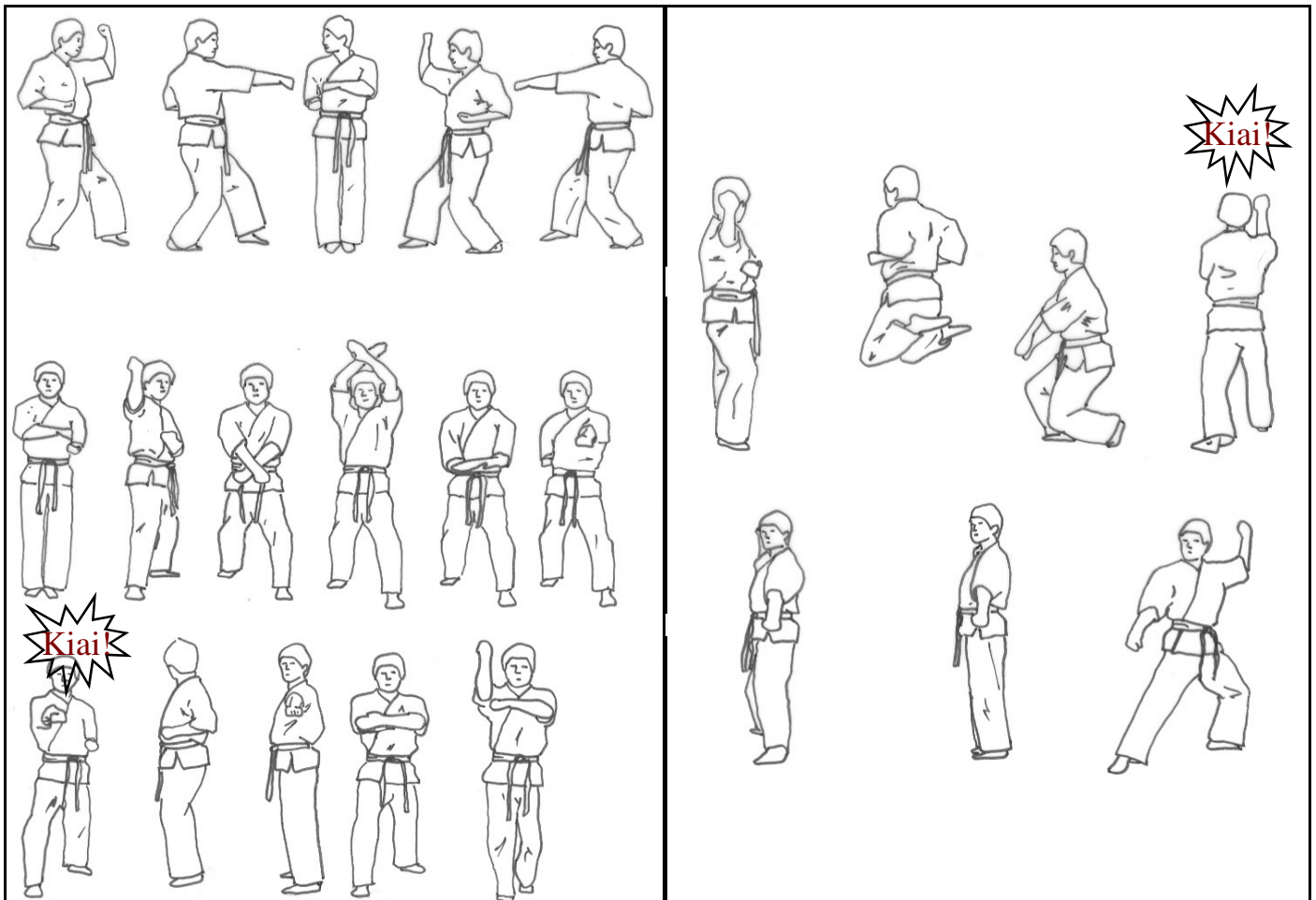
Pinan Sandan - (6th & 5th Kyu requirement)



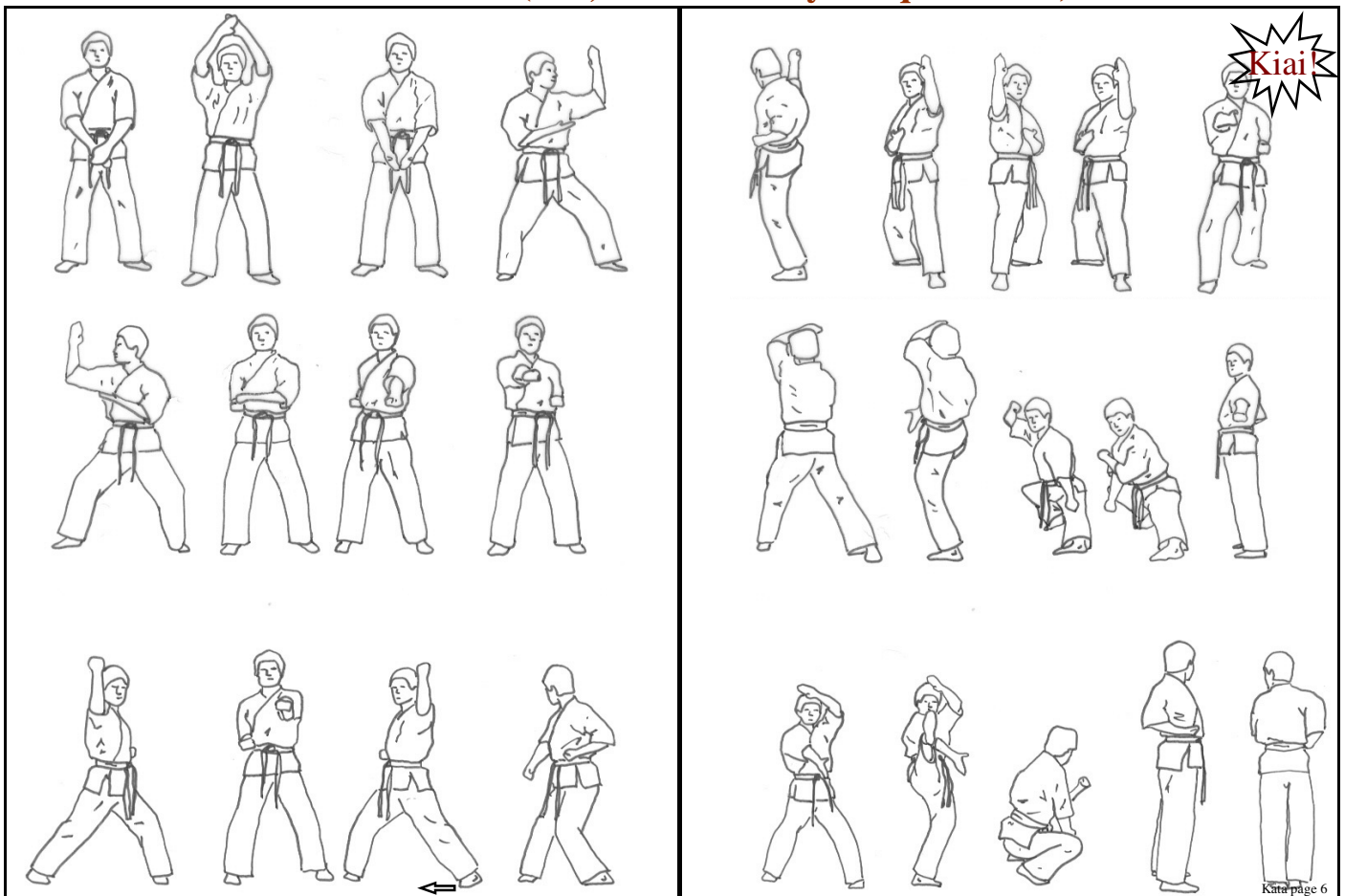
Pinan Yodan - (5th & 4th Kyu requirement)

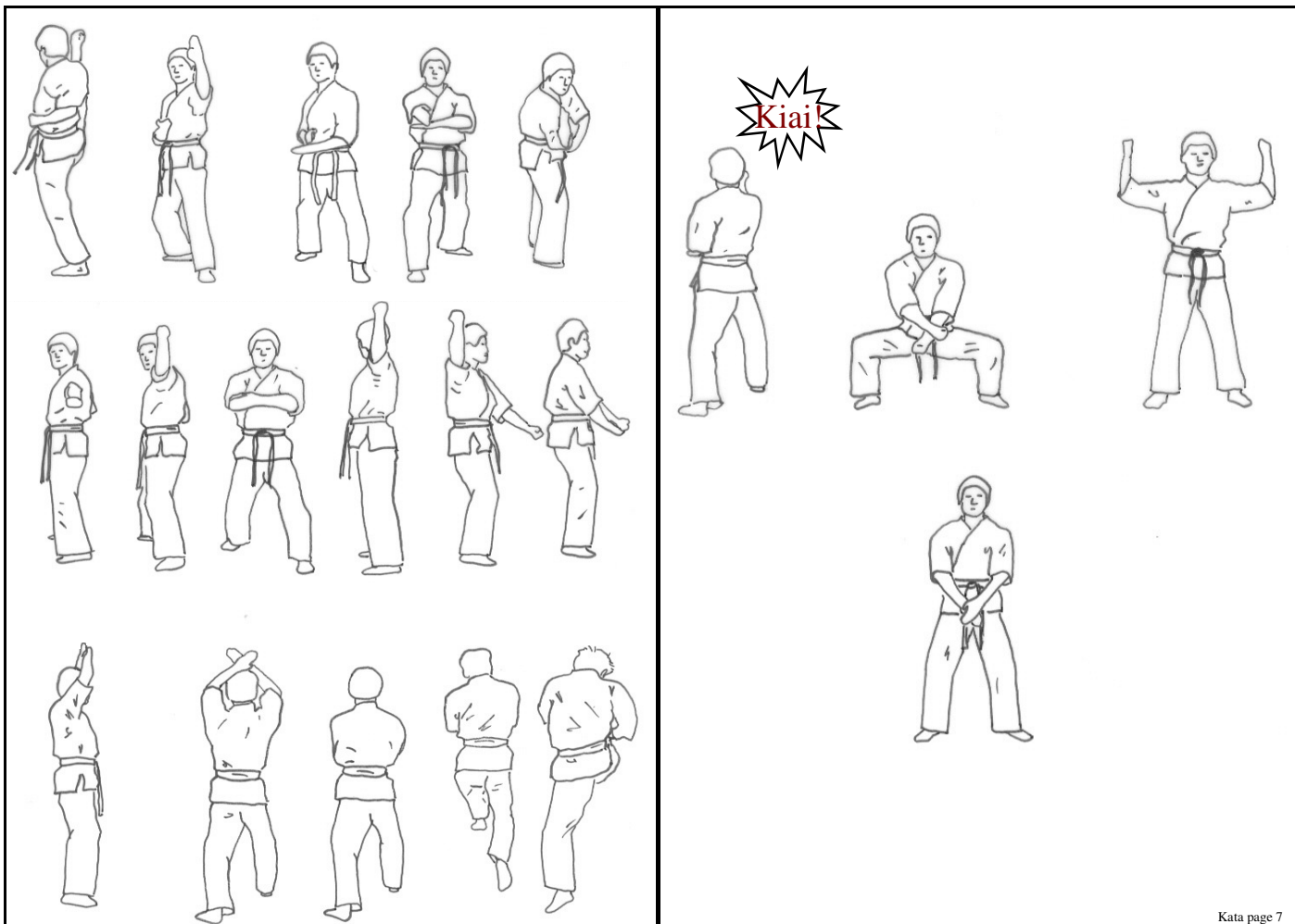
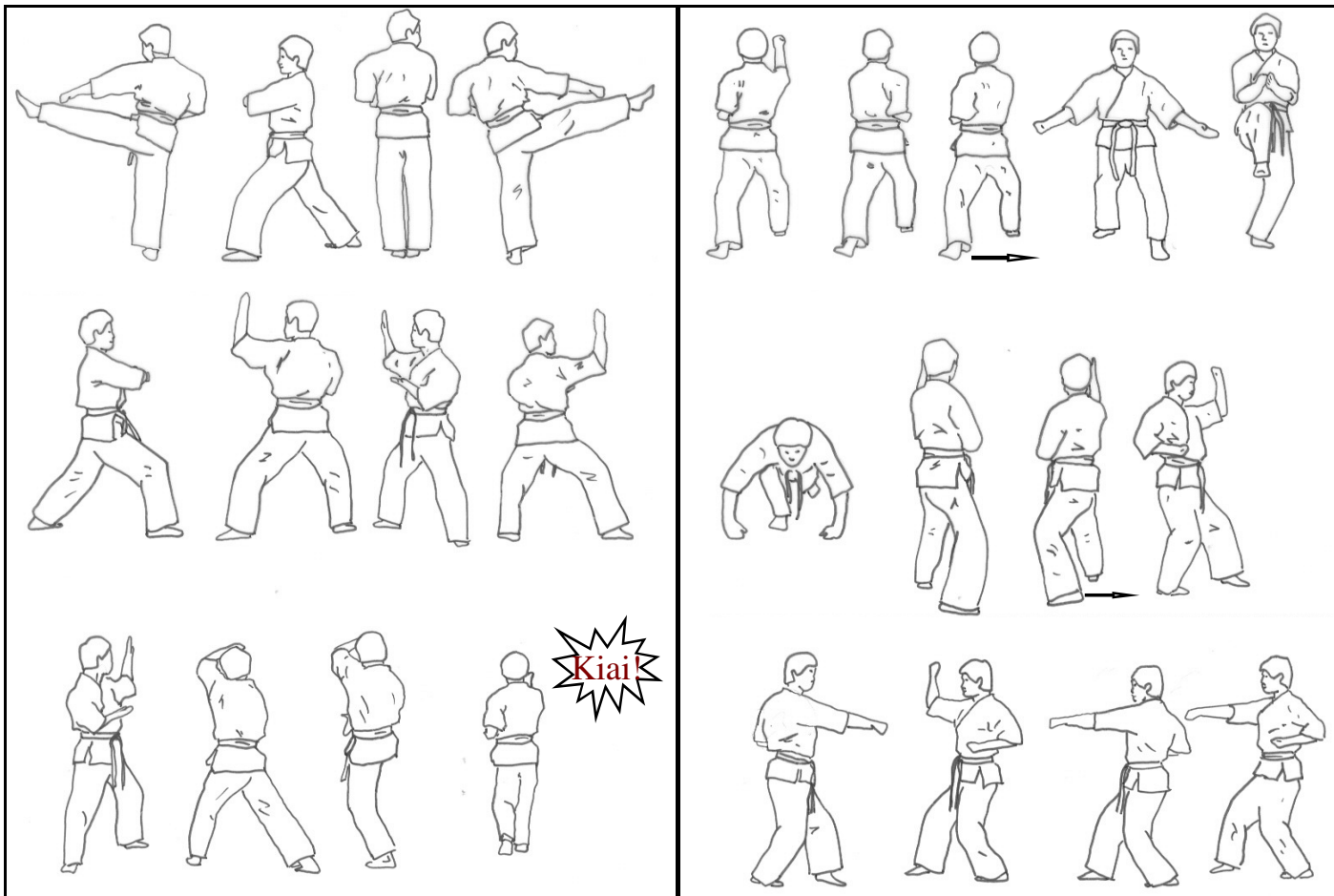


Pinan Godan - (4th Kyu Requirement)

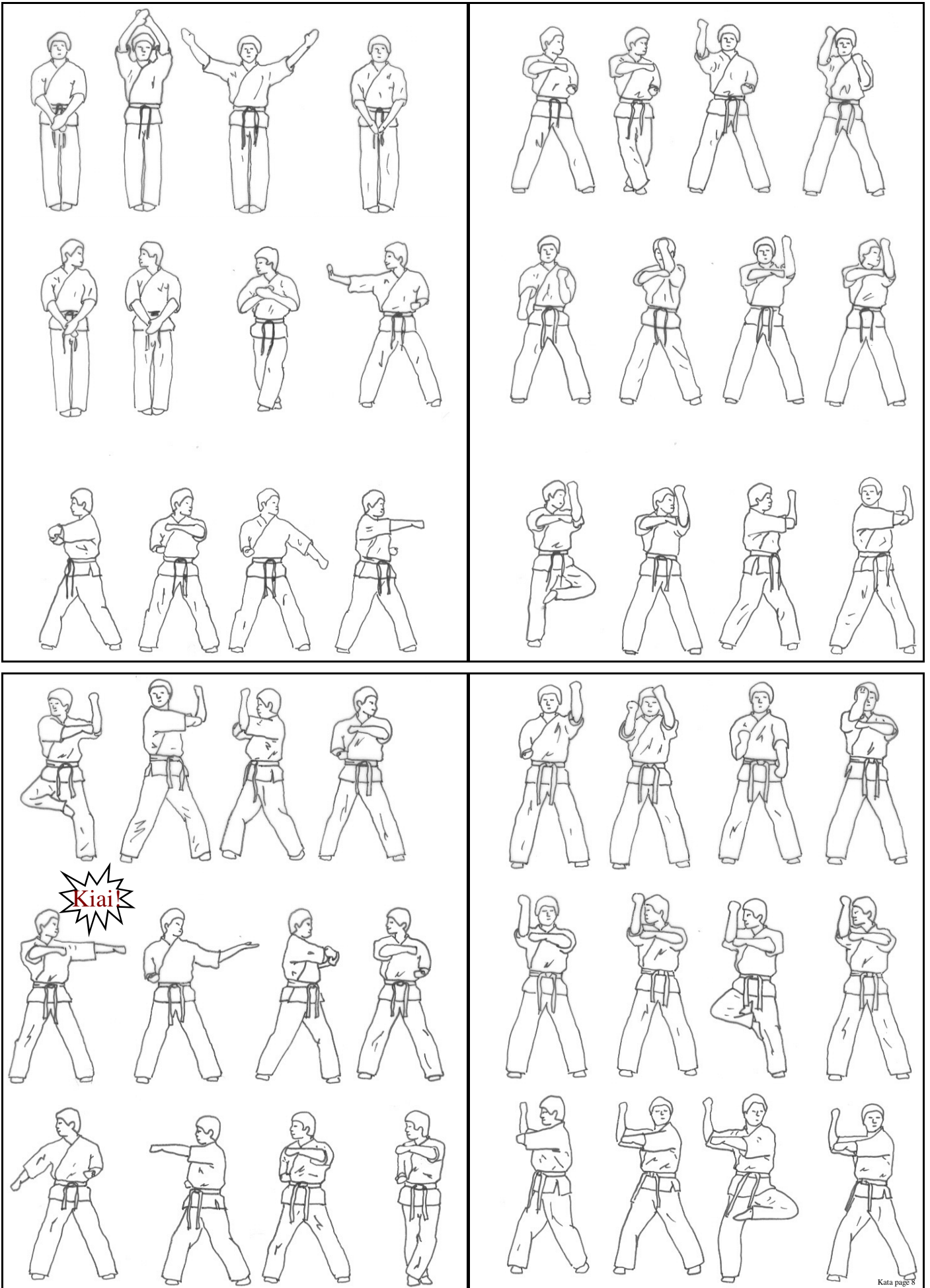


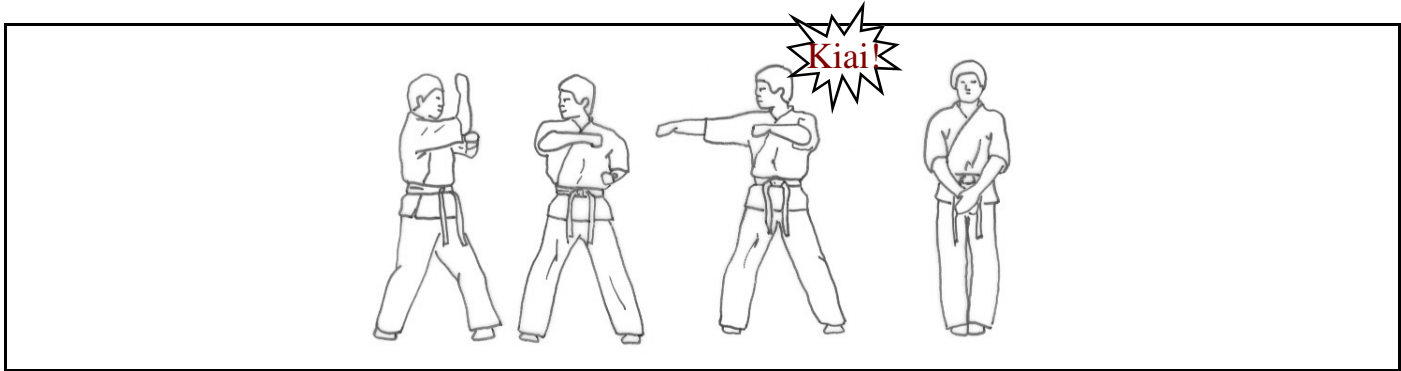
Ku Shanku - (3rd, 2nd & 1st Kyu requirement)



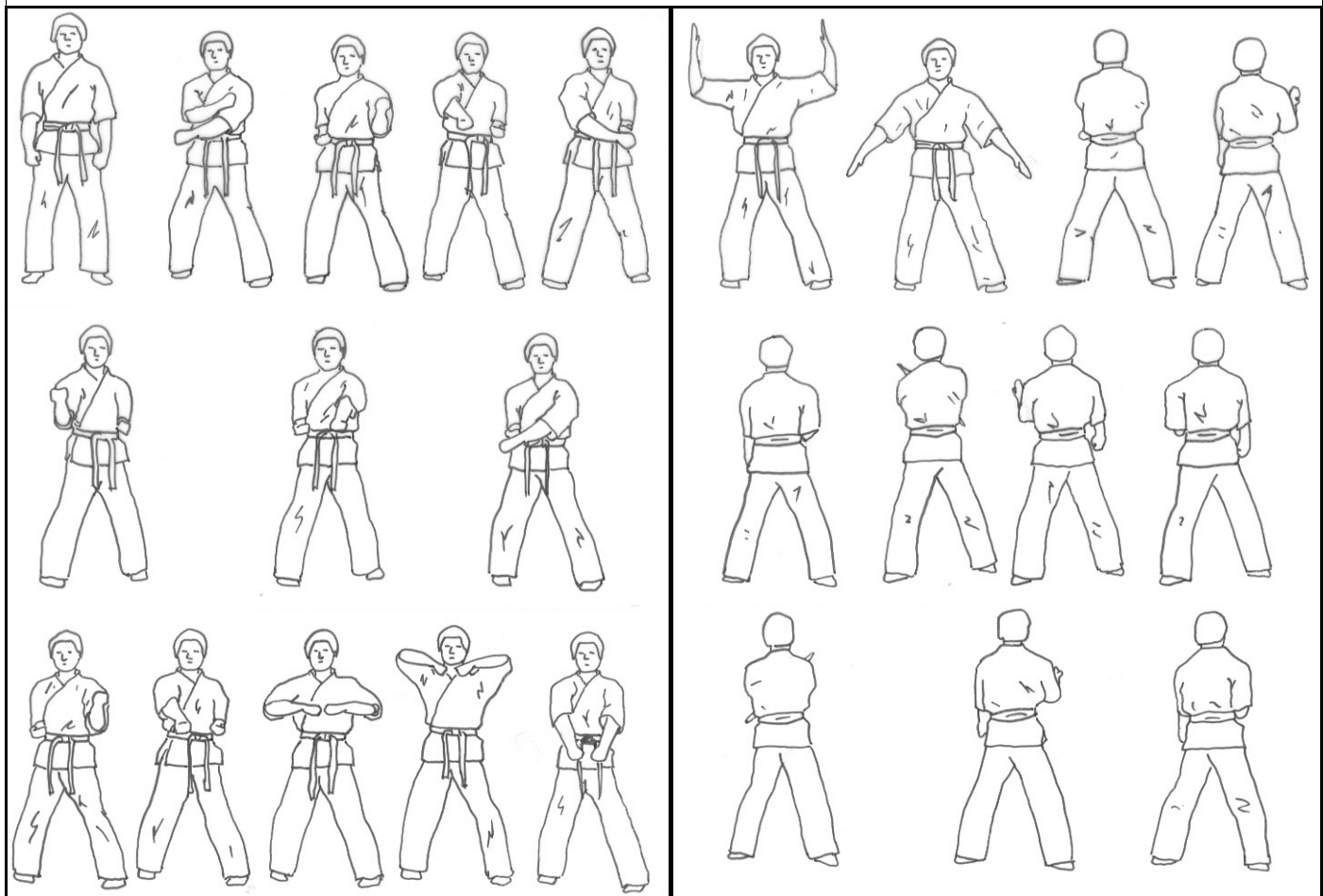


Nai Hanchi - (2nd Kyu requirement)

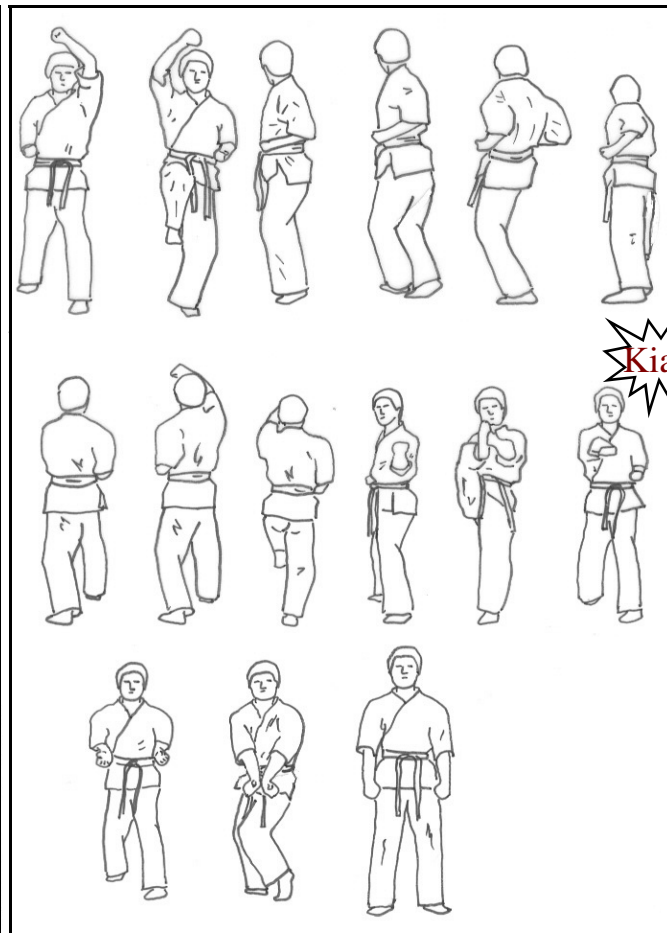
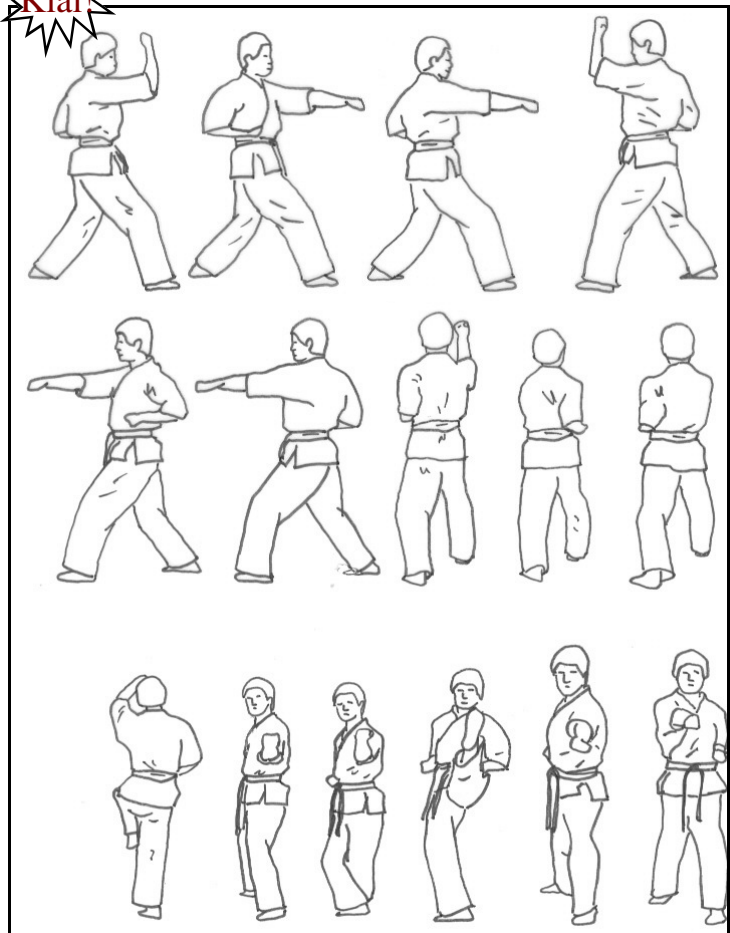




Seishan - (1st Kyu requirement)

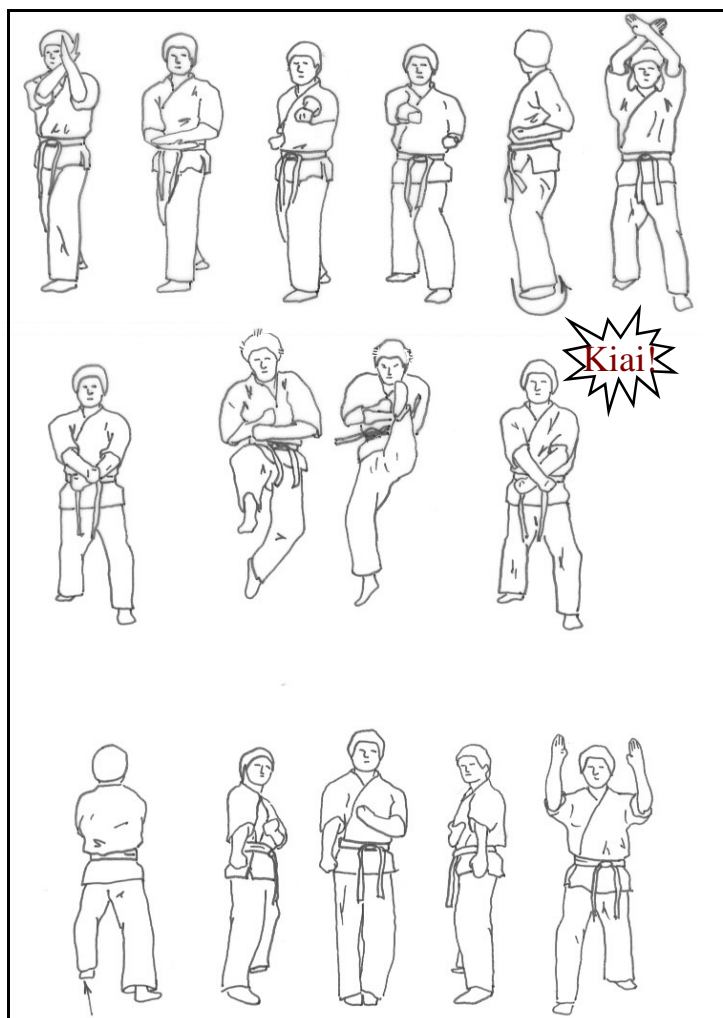


Kiai!

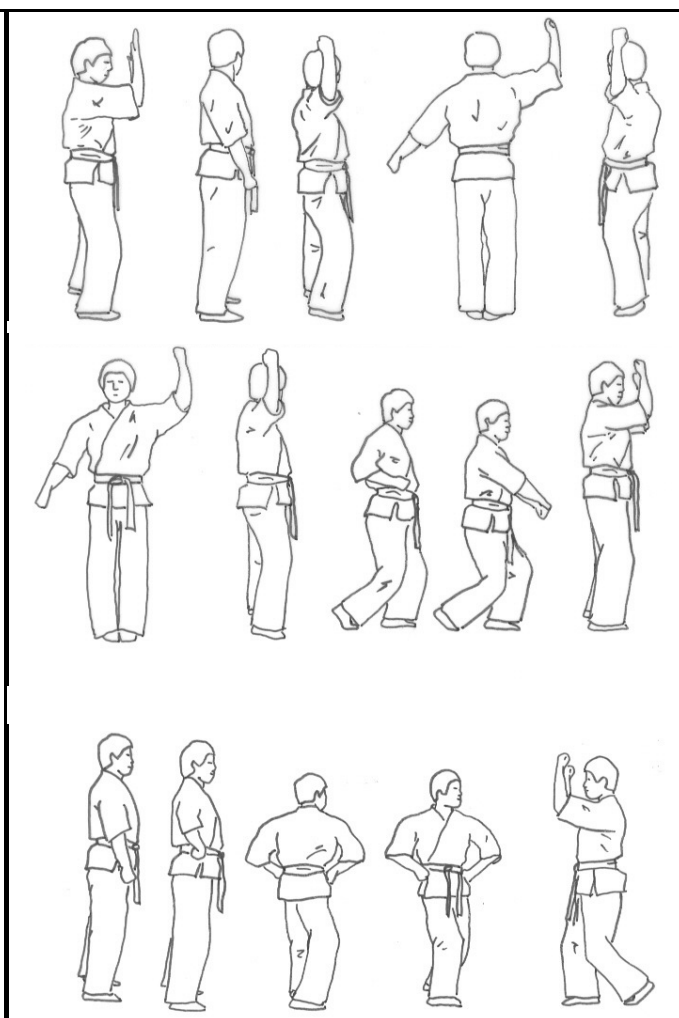


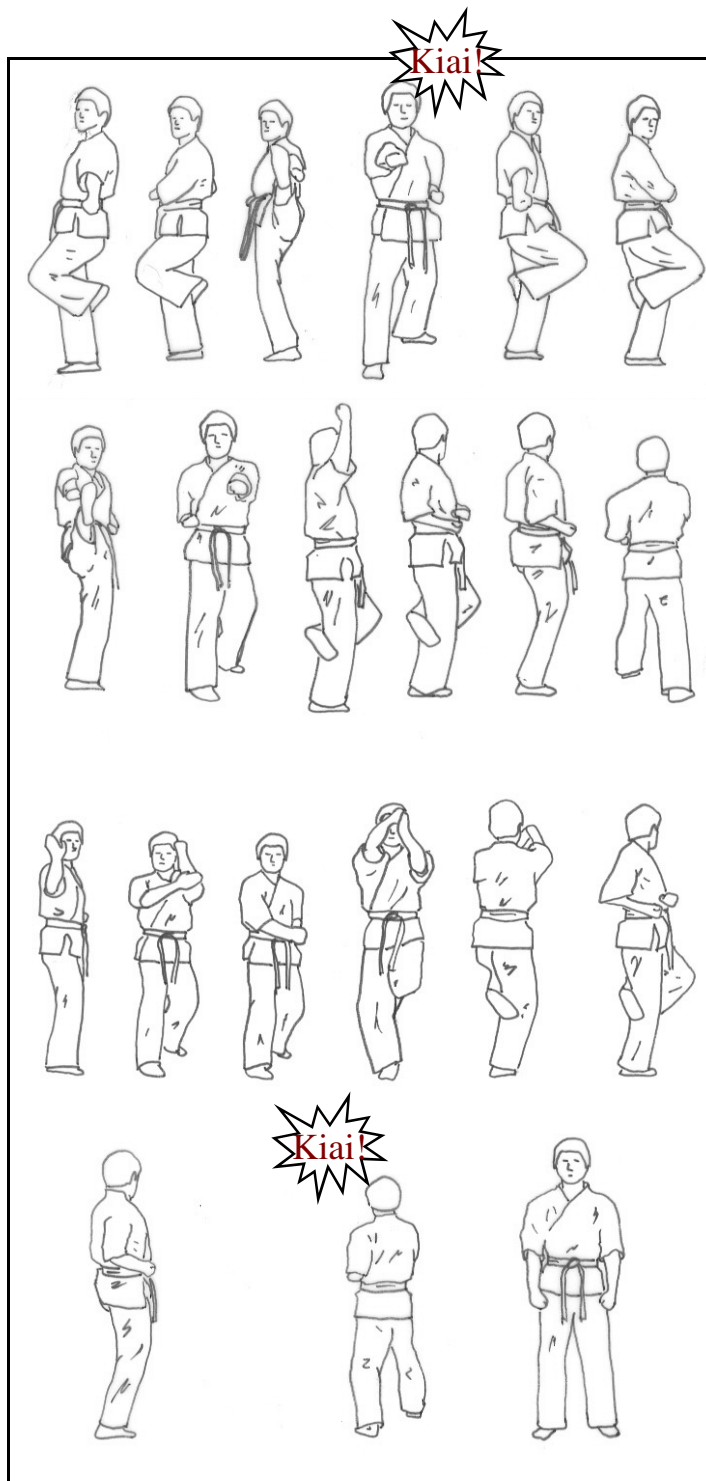
Kiai!

Chinto - (1st Kyu requirement)



Kiai!





Popular Wado Stances

