



W * A * K * O
WORLD ASSOCIATION OF KICKBOXING ORGANISATIONS
NEW ZEALAND



Official Associate Member of the New Zealand Olympic Committee

Information Pack

2016

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Introduction and Overview of WAKO New Zealand from NZ President Peter Thompson

WAKO is the worlds' oldest and largest Kickboxing organisation and WAKO NZ is now the largest national Kickboxing organisation in New Zealand. We sit as equals alongside over 123 other nations who belong to WAKO international making it a truly global organisation.

The community of Kickboxers in New Zealand is growing and as an organisation WAKO NZ is committed to providing the very best opportunities for our members by recognising that you want quality training, competition, recognition and experience. The WAKO executive is focussed on facilitating these opportunities for you and we work hard on developing this to deliver to you and your clubs a truly quality experience.

The advantages of becoming affiliated with WAKO and grading under the WAKO Syllabus include (but are not limited to) the following:

- Affiliation to New Zealand's only Kickboxing organisation that is recognised by the New Zealand Olympic Committee
- Recognition as a member of the world's largest Kickboxing organisation
- The ability for members to enter and compete in any WAKO sanctioned tournament
- The ability for members to compete for WAKO Regional and National Titles (if selected)
- The ability for members to trial for representative WAKO NZ National teams and compete in International events (eg WAKO World Championships)
- The ability for clubs and members to attend WAKO training camps and/or seminars
- The ability to grade students and instructors in an internationally recognised syllabus
- The ability to become certified as an official WAKO referee (and potentially referee at an international level)
- Additional privileges for WAKO members.

I look forward to welcoming you as a member of this truly global organisation and encourage you to contact me directly if I am able to assist you in any way.



Peter Thompson

WAKO NZ President
WAKO Oceania President
WAKO IF International Board of Directors

Contact Details for WAKO NZ Executive

Name	Position	Email	Phone
Peter Thompson	President WAKO NZ	pete@toafightingsystems.co.nz	027 296 0283
Saniya Yusipova	Secretary / Treasurer	saniya@toafightingsystems.co.n z	027 3944281
Jason Vorster	National Ring Coach	Jasonvorster1@gmail.com	021 293 9102
Phil McArdle	National Tatami Coach	info@bitemefoodsnz.com	0275070890
Laura Wilson-Sims	Grading Committee Chairperson	laura@toafightingsystems.co.nz	029 966 2954

MEMBERSHIP OF WAKO NZ

WAKO NZ/International membership is available to any club or person who practices stand up martial arts. There are a number of different membership types available.

Affiliated Clubs

Clubs can become affiliated with WAKO NZ simply by completing an affiliation form (see **Appendix A – Application Forms**) and forwarding to WAKO NZ Secretary Saniya Yusipova, saniya@toafightingsystems.co.nz.

Grading Clubs

Grading Clubs are also affiliated clubs *and* may grade members:

- Clubs must apply to the Grading Committee and receive authorisation through them. A grading syllabus is supplied by WAKO NZ but can be modified by clubs.
- The level at which each club may grade will be determined by several factors including the grade of the instructors. Please note WAKO International approves dan grades (black belts) in Kickboxing that are facilitated through WAKO NZ.
- Clubs will receive an **official annual grading stamp** for use on certificates.
- The stamp legitimises the certificate and grade awarded by verifying that the grading has been carried out with WAKO NZ approval.
- There is an annual grading club membership fee of \$150 payable to WAKO NZ.

Individual Membership

(all members regardless of club membership must complete an application form)

Personal membership is a requirement for anyone who wishes to grade through WAKO NZ or fight in WAKO sanctioned tournaments (including title fights). Individuals of either affiliated or grading clubs who wish to join WAKO NZ can do so by paying an annual fee of \$10. In return:

- Members will be able to participate in all sanctioned WAKO NZ Events
- Members will be entitled to take part in WAKO NZ National team selection trials
- Members will have their grading recognised in formal WAKO NZ communications and Internationally in the case of dan grades (Black belts).
- A register of all gradings is maintained by WAKO NZ.

Application forms are available in **Appendix A – Application Forms** (copy as required).

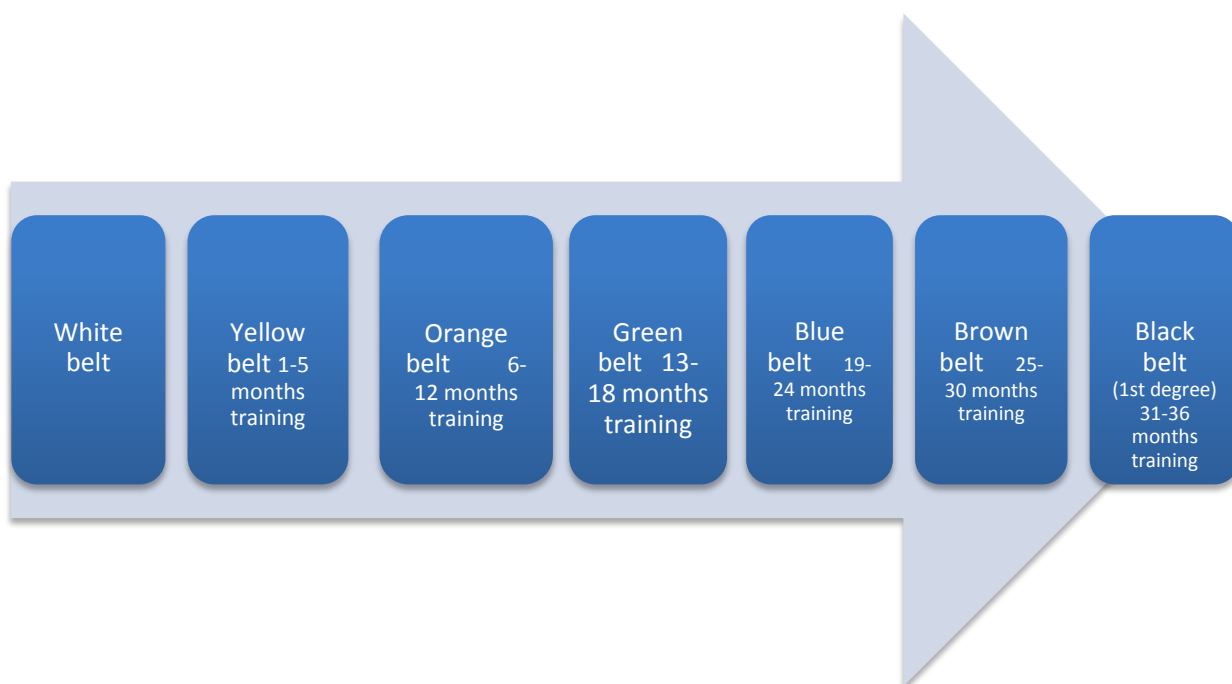
WAKO Grading

Grading under a national and international approved and recognised syllabus offers both clubs and members several benefits. Traditional martial arts have long recognised the benefits of having a tangible goal to which students can aim and some of these include:

- Increased member retention (through recognition of levels reached)
- Student hierarchy within clubs
- Provides a progression system for combative and non-combative students alike
- Easily recognised symbol of achieved skill (especially at Black belt level)
- Internationally recognised achievement
- National certification (coloured grades)
- International and National certification (Black belt level)

The WAKO approved grading syllabus most likely does not contain any techniques that you are not already teaching to your students anyway, so implementing this for your club is (a) very easy and (b) has numerous benefits as outlined above. A key point to note is that the WAKO syllabus is simply a 'minimum requirement' and many clubs 'add' techniques as they require. The current WAKO grading syllabus is shown in **Appendix B – Grading Syllabus**

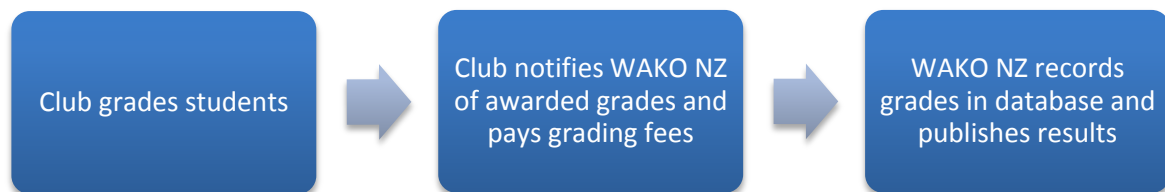
Overview of Grades¹



¹ Note: some clubs use a 'red' belt between White and Yellow. The choice is largely up to the respective club.

Process for Coloured belt grading

Note: only WAKO blackbelt (1st degree and above) can grade colour belt students



Grading to Blackbelt

Grading to blackbelt is done on an as needed basis by a grading committee under WAKO NZ. The process for grading to blackbelt is below:



Instructors

If you are an instructor of an already established kickboxing / martial arts school WAKO NZ recognises you may already meet the requirements for grading to 1st degree Black belt level. All clubs who join WAKO NZ are invited to submit an application to have instructors graded to 1st degree blackbelt level. If you wish to be appraised as Black belt please fill out the application form in **Appendix A – Application Forms** (copy as required).

Fees for Grading Clubs

An annual grading club membership fee of \$150 is payable to WAKO NZ. To keep costs down clubs (if required) are responsible for their own certificates and belts (aside from blackbelts). For the annual membership fee the club will receive:

- An official grading stamp for use on certificates
- Publication of graded members on WAKO website and facebook pages
- Ability to submit applications for blackbelt gradings

Everytime a club grades members, a fee of \$5 per member per grading is payable to WAKO NZ by the club. This fee covers the entry of the graded member into the WAKO grading register and recognition of the grade by WAKO NZ. Please note, to keep costs down WAKO NZ does not supply certificates or belts for coloured grades, however if this is required WAKO can supply these for a small charge (\$25 inclusive of the \$5 grading fee).

Referees

Clubs are encouraged to motivate members to train to become referees. NZ ref's have the opportunity to receive International C, B or A class international licenses and referee at International events. Please contact an executive member for more information about this. Initial and refresher training for referee's can begin immediately through the use of WAKO training resources available here:

<https://pulsebysport.com/collections>

This includes 3D interactive training software.

Sports Passes

Sports' Passes (similar to a boxing record book) are available from the Secretary at a cost of \$20.



- These provide a personal record for every WAKO NZ fighter of member's details, grading history and running record of all fights.
- They are a requirement for any member fighting in a WAKO NZ sanctioned event or grading under WAKO (unless the member already has a pass from another parent organisation).
- The pass is recognised (and required) internationally.

Affiliated clubs may purchase Sports Passes at a bulk discount rate. Please contact WAKO Secretary Saniya Yusipova on saniya@toafightingsystems.co.nz to discuss.

Tournament Protocols

A Tournament Handbook for an organisation wishing to run a WAKO sanctioned tournament will be made available at a later date. WAKO International Rules can be downloaded from: <http://www.wakoweb.com/en/page/wako-rules-and-regulations/f4fd3fbd-938b-4bbe-bebe-48fdf157a02b>

Summary of Fees

Affiliation to WAKO	No Charge
Grading Club	\$150 per annum
Individual Membership	\$10 per annum
Sports Pass	\$20 (bulk discount rates available)
Grading fees	\$5 per member per grading
Blackbelt grading fee	Available on request (includes grading committee, certificate and belt)

Appendix A – Application Forms

All completed Applications forms should be sent to:

Saniya Yusipova
Secretary/Treasurer
WAKO New Zealand
saniya@toafightinsystems.co.nz

Phone: 0273944281

All payments by cheque or Direct Credit to WAKO NZ: 03-0442-0196477-00
NB: Direct Credit Payments MUST include name of payee.



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CLUB (NON GRADING) REGISTRATION FORM:

Name of Club:

Physical Address:

Postal Address:

Contact Details:

Email:

Telephone:

Club Officials:

Head Coach:

Secretary:

Approx. No. Of Members:

Cost: *Annual Fee:* There is no fee for clubs to join WAKO New Zealand

Individual members who wish to fight/grade under WAKO NZ must become affiliated members of WAKO NZ (\$10 annual fee) and have a WAKO Sport's Pass.



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CLUB (GRADING) REGISTRATION FORM:

Name of Club: _____

Physical Address: _____

Postal Address: _____

Contact Details:

Email: _____

Telephone: _____

Club Officials:

Head Coach/Chief Instructor: _____

Qualifications: _____

Grading Level / Experience: _____

Secretary: _____

Approx. No. Of Members: _____

If necessary please send through more details on a separate sheet outlining qualifications and/or experience of head/chief instructor. *Please note only WAKO 1st degree black belts and above can grade students* (please request assessment to Black belt via the Individual application form).

Cost: \$150 paid annually to be certified as a Grading Club
 \$10 per member per year (to be registered as a grading member)
 \$5 per grading per member

WAKO Certificate and official grading stamp will be supplied to grading club upon receipt of annual membership fee. Individual members who wish to fight/grade under WAKO NZ must become affiliated members of WAKO NZ (\$10 annual fee) and have a WAKO Sport's Pass.



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INDIVIDUAL MEMBERSHIP REGISTRATION FORM (each member of club who wishes to fight / grade under WAKO must complete):

Name: _____ Club: _____

Date of Birth: _____ Age: _____ Male / Female (circle one)

Weight Category (current - approximate): _____

Contact Details:

Address: number/street _____
suburb _____ city _____ postal code _____

Ph: _____ Cellphone: _____ Email: _____

Record:

Years Training (please specify codes): _____

Highest Grading: _____ Code: _____ Examiner: _____ Date: _____

I wish to be appraised as a WAKO Blackbelt: ☐ (WAKO will contact you to discuss)

Fights:

Discipline: _____ number of fights _____ win _____ lose _____

Discipline: _____ number of fights _____ win _____ lose _____

Discipline: _____ number of fights _____ win _____ lose _____

Discipline: _____ number of fights _____ win _____ lose _____

Certification as Official:

referee/ judge/ other (circle) code: _____

other (please state) _____

Payment Details: Membership \$10
Sports' Pass \$20 Y/N

Office Use Only:

Membership Number: _____

Receipt Number: _____



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GRADING SYLLABUS

2016

Foreword

The grading system for WAKO New Zealand is designed to test the student's ability and competency at the level he/she is attempting. This system also provides guidelines on which techniques are acceptable for different categories of the sport. For example, a spinning back fist is not allowed in Mat sports or in Full Contact, but it is allowed under K1 rules. If a club only practices one style of sport, e.g. Mat sports, the system can be adapted to suit this.

This system of grades is simply a minimum requirement and clubs are invited to add techniques as required. Additional grades/belts can also be added provided the minimum requirements are still met (for example, a number of clubs utilise a red belt between white and Yellow). All modifications must be proposed to the Chief Grading Officer and approved before use, however modifications will not be unreasonably declined. Explanation of techniques are available on request.

The system is designed to cater for all students, including those who wish to grade but don't compete.

Kickboxing is mainly designed for sports fighting. Therefore the grading emphasis should be on the fighting skill of the student. A high proportion of the grading should be based on the pad work and/or sparring of a student.

Students should not be compared against one another, ie: one student may have exceptionally good high kicks while another has good hand techniques and another devastating low kicks. Their personal abilities are unique to them, not to the sport or the club. Not everyone can kick head high. Therefore the grading exam should cover the entire criteria. WAKO (NZ) grades students by a score per section. There is a 50% pass mark for beginner and intermediate grades, brown and Black belt gradings require a minimum of 75% to pass.

New students should learn good protective stances, and while the different methods of stance for attack and defence should be practiced, the student should be encouraged to adapt their own preferred stance. The grading officer should then check that the student can protect themselves in their preferred stance. Students may also change their stance if they wish to use their best limb for the technique. For example, for a rear leg kick the student may have their right leg to the rear, while for a front leg kick they may switch their right leg to the front. But this doesn't mean that instructors should not train their students in both stances.

The Black belt examination is the result of a culmination of everything learned prior and is designed to give the student a good all round knowledge of the Martial arts. The exam should prove to the grading committee that the student has a comprehensive knowledge of Martial Arts, and not just one style or discipline: eg: grappling, self defense, weapons, ability to fight at different ranges, lateral thinking and the development and use of combat strategies.



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Yellow Belt (1-5 months)

STANCES

- Orthodox vs southpaw, weight distribution and guard. Students to demonstrate their competency in the preferred stance.

MOVEMENTS

- Semi movements forward and backwards
- Movements forwards and backwards
- Going forward with back leg (stepping forward with back leg throwing a technique from the programme)

ARM TECHNIQUES

- Jab
- Straight and lunge cross
- Lead and rear hook
- Lead and rear uppercut
- Lead and rear bodyrip
- Rear circular elbow

KICKS

- Rear and switch Roundhouse kick
- Snap Roundhouse kick (Lead leg –Thigh or Body)
- Front Kick – right and left stance
- Roundhouse knee stike – right and left stance

DEFENCE

- Palm Block/Parry
- Downward Outside deflection
- Hook Block
- Telephone Block

COMBINATIONS, PADWORK and STAMINA

Use all techniques in programme to demonstrate combinations and knowledge of padwork.
Stamina should be tested with a fitness test appropriate to candidate.



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Orange Belt (6-12 months)

MOVEMENTS

- Semi movements lateral right and left
- Lateral movements right and left stance
- Slide movements from the back foot
- Passing from the front guard to the lateral and vice versa
- Clinch – the Thai hold

ARM TECHNIQUES

- Ridge Hand
- Front elbow strike from the bottom going upwards

KICKS

- Side Kick with variations
- Hook Kick
- Axe Kick's

DEFENCE

- Outside Knee deflection
- Block with the shin
- Cover against body hooks/rips/uppercuts

COMBINATIONS, PADWORK and STAMINA

Use all techniques in programme to demonstrate combinations and knowledge of padwork.
Stamina should be tested with a fitness test appropriate to candidate.



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Green Belt (13-18 months)

MOVEMENTS

- Switching guard and stance positions
- Semi movements in a circle

ARM TECHNIQUES

- Backfist
- Spinning backfist

KICKS

- Axe Kick
- Sweeps
- Low kicks
- Back kick
- Jumping front knee strike
- Jumping kicks (front, side, back)
- Roundhouse kicks static (at least 5)

DEFENCE

- Deviations for the left and right
- Leg checking for low roundhouse kick

SPARRING

- Point Fighting and/or Light contact controlled sparring

COMBINATIONS, PADWORK and STAMINA

Use all techniques in programme to demonstrate combinations and knowledge of padwork.
Stamina should be tested with a fitness test appropriate to candidate.



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Blue Belt (19-24 months)

MOVEMENTS

- Direction changing

ARM TECHNIQUES

- Palm strike
- Elbow strikes – front, side, back
- Overarm Cross punch

KICKS

- Switch kicks
- 360 jump – turning kick and hook kick
- Front knee strike advancing and static

DEFENCE

- Unknown hand strikes + Counterstrike
- Unknown kicks + Counterstrike

SPARRING

- Defending only 2mins
- Point fighting and/or Light Contact
- Controlled contact (intro to full contact)

COMBINATIONS, PADWORK and STAMINA

Use all techniques in programme to demonstrate combinations and knowledge of padwork.
Stamina should be tested with a fitness test appropriate to candidate.



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Brown Belt (25-30 months)

- ❖ Student must verbalise the use of force against another person.
- ❖ Student must verbalise the basic rule difference of Semi-Contact, Light Contact, Full Contact, K1 / Oriental and Thai.

ARM TECHNIQUES

- Jump Cross Punch
- Jump lead Back fist.
- Jump Spinning Back fist (K1 Style rules)

KICKS

- Jump Turning back Kick
- Jump Spinning Hook Kick.
- Jump Knee strike to front
- Roundhouse Knee Strike

PADWORK

- Teach techniques to class - Punch & Kick combinations: Basic & Intermediate levels.

DEFENCE (Freestyle)

- Defend against unknown hand strikes, and counter strike. (line up)
- Defend against unknown Kicks, and counter strike. (line up)
- Defend against 3 holds - releasing the hold.
- Defend against 3 knife attacks – Disarm and/or Disable.

SPARRING & PHYSICAL CONDITIONING

Sparring should be undertaken relative to the applicant. The test is to determine the applicants ability to defend, attack and control a fight situation and their physical stamina and fitness. Sparring should include, but not limited to:

1. [Optional] Submission fighting (grappling) 2 min x 3 rounds (no striking)
2. Sparring (relative to Applicants style) 2 min x 10 rounds (1 min break between rounds)

- 3.** Controlled sparring against 2 attackers – including takedowns (limited floor wrestling) 3 min x 1 round



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Black belt 1st Dan (31-36 months)

- ❖ **Must be regularly teaching or assisting a class (Seniors Only)**
- ❖ **Must have a current first aid certificate.**

ARM TECHNIQUES

- Over arm Cross punch
- Jump Ridge hand (rear)
- Jump Back fist (Lead)
- Spinning Elbow (street defence technique, Thai rules)
- Jump Cross Punch
- Jump Spinning Back fist (K1 rules)

KICKS

- One step Axe Kick (Outwards)
- Jump Turning Side Kick
- Front Knee strike
- Roundhouse Knee Strike
- Jump Spinning Hook Kick.

COMBINATIONS

- Jab, Hook punch (Rev) Uppercut (Lead) Jump Front Knee Strike (Rev)
- Double roundhouse elbow, (Lead + Rear) Rising elbow (lead) Downward elbow (Rear)
- Roundhouse Kick (Rear) Hook Kick.(same) x 2.
- Hook Kick (Lead) Roundhouse Kick (same) x 2.

DEMONSTRATION

Demonstrate four combinations of applicants choosing against pads to demonstrate knowledge and appropriate use of techniques, **a verbal explanation of the combinations demonstrated will be required. The examiners will 'question' the choice of techniques to test the applicants knowledge.**

Each combination should demonstrate 'Black belt' knowledge.

PADWORK

Punch Kick combinations: Examiners instruction

DEFENCES (Freestyle)

- Defend against unknown hand strikes, and counter strike. (Line up)
- Defend against unknown Kicks, and counter strike. (Line up)
- Defend against 5 unknown holds.
- Defend against 5 Unknown Weapon attacks. (eg Knife, bat, club, bottle etc)

SPARRING and Physical Conditioning

Sparring should be undertaken relative to the applicant. The test is to determine the applicants ability to defend, attack and control a fight situation. Additionally, enough sparring should be undertaken to test the applicants fitness, physical conditioning and how they perform under stress and pressure. Sparring should include, but not limited to:

1. [Optional] Submission fighting (grappling) 2 min x 3 rounds (strikes allowed)
2. Sparring (relative to Applicants style) 2 min rounds x appropriate number of rounds² – fresh opponent every round.
3. Controlled sparring against 2 attackers – including takedowns (limited floor wrestling) 5min x 1 round

Grading will take approximately 3 – 4 hours. Participants should drink regularly and the changing of Training clothes during the session is permitted.

A person under the age of 16 will grade as a Probationary Black belt and will be re-assessed when ready after the age of 16 years old.

² Number of rounds should be sufficient to push applicant to near exhaustion e.g. 20 – 30 rounds.