

## **Wadō-ryū**

The name *Wadō-ryū* has three parts: *Wa*, *dō*, and *ryū*. *Wa* means "harmony," *dō* (same character as [tao](#)) means "way," and *ryū* means "school" or "style". Harmony should not be interpreted as [pacifism](#); it is simply the acknowledgment that yielding is sometimes more effective than brute strength.

### **Stances:**

<b>Name</b>	<b>Translation</b>	<b>Description</b>	<b>Stat Mod</b>	<b>Level requirement</b>
Hachiji Dachi	Natural Stance	A relaxed, neutral stance that offers no change in stats, but no loses either. Also referred to as the natural standing position.	None	None
Zenkutsu Dachi	Fighting Stance	A balanced fighting stance with one foot in front of the other.	None	Level 1
Junzuki Dachi	Front Stance	A long stance with the front knee bent that favors strength over speed.	STR +10% DEX -10%	Level 1
Kokutsu Dachi	Back Stance	A long stance with the back knee bent that favors dexterity over strength.	DEX +10% STR -10%	Level 1
Sagi Ashi Dachi	Crane Stance	A stance on one leg that favors speed to power.	SPD +10% STR -10%	Level 4
Kake Dachi	Hook Stance	A stance with your legs crossed that sacrifices dexterity for power.	STR +10% SPD -10%	Level 6
Neko Ashi Dachi	Cat Stance	A stance with one foot planted firmly and the other only touching the ground with the ball of the foot.	DEX +10% SPD -10%	Level 8
Kiba Dachi	Horse Stance	A sturdy stance that increases your endurance but sacrifices speed.	SPD +10% DEX -10%	Level 10
Heiko Dachi	Parallel Stance	A stance that grants true balance. Centering your energy and filling you with determination.	STM + 15% WIL + 15%	Level 15

**Stances Passive:** *Flow: WIL +10% after changing stances. Only lasts until end of post.*

**Hand techniques:**

<b>Name</b>	<b>Translation</b>	<b>Description</b>	<b>Requirements</b>
Oizuki	Jab	Using the front hand, a quick punch is made, before returning to guard.	STR 5 SPD 5 DEX 5
Gyakazuki	Reverse Punch	Punch with back hand also referred to as a cross.	STR 5 SPD 5 DEX 5
Uriken	Back Fist	With a closed fist using the back of your first two knuckles	STR 10 SPD 10 DEX 10
Empi	Elbow	Using either elbow to swing forward into the enemy.	STR 10 SPD 10 DEX 10
Haito	Ridge Hand	With an open hand, be sure to tuck your thumb and strike with the thumb side of your hand, or ridge.	STR 15 SPD 15 DEX 15
Tetsui	Hammerfist	Striking with the pinkie side of a closed fist.	STR 15 SPD 15 DEX 15
Shote	Palm Heel	Striking with the base of your palm, fingers curled and pulled back.	STR 15 SPD 15 DEX 15

**Kicks:**

<b>Name</b>	<b>Translation</b>	<b>Description</b>	<b>Requirements</b>
Mae Geri	Front Kick	Striking directly in front of you using the ball of your foot.	STR 15 SPD 15 DEX 15
Maewashi Geri	Round Kick	Striking in a sweeping motion around yourself using the top of your foot.	STR 21 SPD 21 DEX 21
Sokuto	Side Kick	Striking with the blade of your foot to the side.	STR 15 SPD 15 DEX 15

Ushio Geri	Back Kick	Striking with the heel of your foot behind you.	STR 21 SPD 21 DEX 21
Hiza	Knee Strike	Striking with your knee.	STR 15 SPD 15 DEX 15

#### Blocks:

Name	Translation	Description	Requirements
Jodan Uke	High Block	Using the forearm to cover your head from attacks from above.	STR 15 SPD 10 DEX 15
Soto Uke	Middle Block	Using the forearm to block strikes to your midsection.	STR 15 SPD 10 DEX 15
Gedan Uke	Low Block	Using the forearm to block strikes to your legs or lower body.	STR 21 SPD 25 DEX 21

#### Throws:

Name	Translation	Description	Requirements
Osoto Gari	Reap	After grabbing ahold of your opponent, using the back of your leg against theirs to off balance them. Easiest throw for same sized opponents.	STR 15 SPD 15 DEX 15
O Goshi	Hip Throw	Grabbing your opponent's waist positioning yourself in a strong stance behind them, then rolling them over your hip and onto the floor. Easiest throw for heavier opponents.	STR 25 SPD 21 DEX 25
Ippon Seoinage	Shoulder Throw	Grabbing your opponent's arm and using their momentum to throw them over your shoulder onto the ground. Easiest throw for countering a punch or thrust.	STR 25 SPD 25 DEX 25