



The Integral Dojo Examination Requirements

5th KYU

(Minimum of 50 training days)

TAI SABAKI - Body Movement:

- Irimi
- Irimi kaiten
- Tenkan
- Irimi tenkan

UKEMI - Rolls:

- Yoko ukemi
- Mae ukemi
- Ushiro ukemi
- Over the knee

TACHI WAZA - Standing Techniques:

- Katate dori tai no henko (kihon and ki no nagare)
- Katate dori sumi otoshi
- Katate dori shiho nage (kihon omote and ura waza)

TACHI WAZA - Standing Techniques (cont.):

- Ryote dori tenchi nage
- Shomen uchi iriminage (kihon)
- Munadori kotegaeshi

PRINCIPLES DEMONSTRATION:

- Posture
- Extension

BUKI WAZA: Weapons Techniques

- Ken suburi 1 ~ 5
- Jo – 6 count jo kata

JIYU WAZA: (free flow demonstration)

- Munadori attack