



# The Integral Dojo Examination Requirements

## 4<sup>th</sup> KYU

(Minimum of 60 training days after 5<sup>th</sup> kyu)

### UKEMI

- Mae ukemi- from katate dori kokyu nage
- High falls- over the hip (omote and ura waza)

### TACHI WAZA

#### Katate dori

- Kokyu nage
- Ikkyo (omote and ura waza)
- Kaiten nage (uchi-mawari)

#### Ryote dori

- Tenchi nage (omote and ura waza)
- Shiho nage (omote and ura waza)

#### Kosa dori

- Kotegaeshi

#### Shomen-uchi (from strike)

- Ikkyo (omote and ura waza)
- Irimi nage

#### Yokomen-uchi

- Shiho nage

#### Tsuki

- Kotegaeshi

### PRINCIPLES: Demonstrate Aikido Principles

- Stability
- Kuzushi
- Zanshin

### BUKI WAZA

#### Bokken

- Ken suburi 1 ~ 7
- Migi/hidari no awase

#### Jo

- Jo suburi 1 ~ 5
- Jo barai: chudan, geidan, jodan

### JIYU WAZA

- Katate dori free technique