



# The Integral Dojo Examination Requirements

## 3<sup>ed</sup> KYU

(Minimum of 80 training days after 4<sup>th</sup> kyu)

### TACHI WAZA

- Shomen-uchi ikkyo ~ nikyo (omote and ura waza)

### Ikkyo

- Katate dori (omote and ura waza)
- Kosa dori (omote and ura waza)
- Morote dori (omote and ura waza)

### Shihonage

- Katate dori (omote and ura waza)
- Yokomen-uchi
- Shomen-uchi

### Irimi nage

- Katate dori
- Shomen-uchi
- Yokomen-uchi

### Kotegaeshi

- Katate dori
- Kosa dori
- Shomen-uchi

### Kokyu nage

- Katate dori
- Kosa dori
- Morote dori

### Ushiro ryote dori

- Kokyu nage
- Kotegaeshi
- Shiho nage

### PRINCIPLES: Demonstrate Aikido Principles

- Center
- Connection
- Awase

### BUKI WAZA

- Kumiuchi 1&2
- Ki musubi no tachi
- Jo suburi 1 ~ 10
- 6 count Jo awase

### Jiyu Waza

- Free technique from strikes- yokomen-uchi, shomen-uchi, and tsuki (optional: two ukes)