

# *The Integral Dojo – Examination Requirements*

## *2<sup>nd</sup> KYU*

(Minimum 120 training days after 3<sup>rd</sup> kyu & 6 months)

### **TACHI WAZA**

#### Ikkyo ~ yonkyo

- Shomen Uchi (omote/ ura waza)

#### Shihonage

- From 3 different attacks (omote/ ura waza)

#### Iriminage

- From 3 different attacks

#### Kotegaeshi

- From 3 different attacks

#### Tenchinage

- Ryotedori (omote/ ura)

#### Kokyunage

- From 3 different attacks

#### Jujigarami

- Morote dori
- Ushiro ryote dori

#### Ushiro

- Ryote dori – 3 techniques
- Ryokata dori – 1 techniques
- Kubishime – 1 techniques

## Tanken dori

- From 3 different attacks

## **BUKIWAZA**

### Ken

- Shiho giri (5<sup>th</sup> suburi & 7<sup>th</sup> suburi)
- Kunitachi 1~5
- Ki musubi no Tachi

### Jo

- 31 jo kata
- 13 jo kata kumijo
- Kumi jo 1 ~ 5

## **JIYU WAZA**

- Various techniques from yokomen-uchi, shomen-uchi, and tsuki.
- With two attackers

## **APPLIED PRINCIPLES**

- Balance/ imbalance
- Tai Sabaki free flow
- Tobu ukemi (high falls)
- Concentration - Zanshin