

# *The Integral Dojo – Examination Requirements*

## *1st KYU*

(Minimum 150 training days after 2<sup>nd</sup> kyu & 9 months)

### **TACHI WAZA**

#### Ikkyo ~ yonkyo

- Shomen uchi (omote/ ura waza)

#### Shihonage

- From 4 different attacks (omote/ ura waza)

#### Iriminage

- From 4 different attacks

#### Kotegaeshi

- From 4 different attacks

#### Kaiten nage

- 4 different forms

#### Kokyunage

- From 4 different attacks

#### Tenchinage

- Ryotedori (omote/ ura)

#### Jujigarami

- Morote dori
- Ushiro ryote dori
- Yokomen uchi

## Ushiro

- Ryote dori – 4 technique
- Ryokata dori – 2 techniques
- Kubishime – 2 techniques

## **BUKIWAZA**

### Ken

- Shiho giri (5<sup>th</sup> suburi & 7<sup>th</sup> suburi)
- Kunitachi 1~5
- Ki musubi no Tachi
- Tachi dori - 3 techniques
- Ken Jiyu waza

### Jo

- 31 jo kata and kumijo
- Kumi jo 1 ~ 10
- Jo dori – 3 techniques
- Jo nage – 3 techniques

### Tanto

- Tanken dori – 5 techniques
- Jiyu waza against tanto

## **JIYU WAZA**

- Various techniques from yokomen-uchi, shomen-uchi, and tsuki.
- Same as above with two attackers

## **APPLIED PRINCIPLES**

- Integrated center
- Stability
- Hanmi sharp and precise
- Tai Sabaki free flow
- Maai constancy