



# The Integral Dojo Examination Requirements

## 3<sup>rd</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 DEMONSTRATION

- 1) Center 2) Connection 3) Awase

### BUKI WAZA

#### Ken

- 5th suburi awase
- 7th suburi awase
- Kumi tachi #1

#### Jo

- Jo suburi 1 ~ 10
- 6 count Jo Kata awase

### JIYU WAZA

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