



The Integral Dojo Examination Requirements

4th KYU

(Minimum of 60 training days after 5th 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 DEMONSTRATION: (*demonstrate in ki no nagere*)

- 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