

The Integral Dojo – Examination Requirements

3rd KYU

(Minimum 80 training days after 4th kyu)

TACHI WAZA

- Shomen-uchi ikkyo ~ sankyo (omote/ ura)

Ikkyo

- Katate dori (omote/ ura)
- Munetsuki (omote/ ura)
- Ushiro ryote dori (omote/ ura)

Shihonage

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

Iriminage

- Katate dori
- Shomen-uchi
- Yokomen-uchi

Kotegaeshi

- Katate dori
- Kosa dori
- Shomen-uchi
- Munetsuki

Kokyunage

- Katate dori
- Kosadori
- Morote dori

Ushiro

- Ryote dori – one technique
- Ryokata dori – one techniques
- Kubishime – one techniques

BUKIWAZA

- Kumi-tachi 1~2
- Ki musubi no tachi
- 1-20 jo suburi
- 13 jo kata

JIYU WAZA

- Various techniques from yokomen-uchi, shomen-uchi, and tsuki. (optional two ukes)

PRINCIPLES

- Reigi – etiquette
- Kokyu – breath
- Kuzushi – breaking of balance
- Ki musubi – connection
- Zanshin – presence / sustained awareness