



The Integral Dojo Examination Requirements

2nd KYU

(Minimum of 120 training days after 3rd kyu)

TACHI WAZA

- Shomen-uchi ikkyo ~ sankyo (omote and ura waza)

Shihonage

- From 3 different attacks (omote and ura waza)

Irimi nage

- From 3 different attacks

Kotegaeshi

- From 3 different attacks

Kokyu nage

- From 3 different attacks

Kaiten nage

- 3 different forms

Juji garame

- Morote dori

Ushiro ryote dori

- 3 different techniques

Ushiro ryokata dori

- 1 technique

Ushiro karate dori kubishime

- 1 technique

BUKI WAZA

Tanto dori

- From 3 different attacks

Bokken

- Kunitachi 1&2
- Ki musubi no tachi

Jo

- Jo Suburi 1 ~ 20
- 13 Jo Kata kumijo

PRINCIPLES DEMONSTRATION (*demonstrate in ki no nagere*)

- Ma-ai
- Connection
- Zanshin

JIYU WAZA

- Free technique against all strikes- (two ukes)