



The Integral Dojo Examination Requirements

1st Kyu

(Minimum of 150 hours & 9 months after 2nd kyu)

TACHI WAZA

Ikkyo - Gokyo

- Shomen Uchi (omote and ura waza)

Shihonage

- 4 different attacks (omote and ura waza)

Irimi nage

- 4 different attacks

Kotegaeshi

- 4 different attacks

Kokyu nage

- 4 different attacks

Kaiten nage

- 4 different forms

Juji garme

- Morote dori
- Ushiro riot dori
- Yokomen uchi

USHIRO

- Ryote dori - 4 different techniques
- Ryokata dori - 2 techniques
- Karate dori kubishime - 2 techniques

NI NIN DORI

- Morote dori - 1 technique

HENKA WAZA

- Katate dori shihonage - 2 variations
- Katate dori kotegaeshi - 2 variations
- Katate dori iriminage - 2 variations



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BUKI WAZA

Tanto Dori

- Tsuki - 1 technique
- Shomen uchi - 1 technique
- Yokomen uchi - 1 technique
- Ushiro tsuki - 1 technique

Tachi Dori (from shomen uchi)

- 3 techniques

Jo Dori (from tsuki)

- 3 techniques

Jo Nage

- 3 techniques

Bokken

- Kumi tachi - 1 - 3
- Kumi tachi henka waza - Choose 2
- Ki musubi no tachi

Jo

- 31 kata kumi jo
- 1 - 5 kumi jo

JIU WAZA

- Against all strikes w/ 3 attackers