



# The Integral Dojo Examination Requirements

## Shodan

(Minimum of 200 hours & 1 year after 1<sup>st</sup> kyu)

### TACHI WAZA

Ikkyo - Gokyo

- Shomen Uchi (omote and ura waza)

Shihonage

- 5 different attacks (omote and ura waza)

Irimi nage

- 5 different attacks

Kotegaeshi

- 5 different attacks

Kokyu nage

- 5 different attacks

Kaiten nage

- 5 different forms

Juji garme

- Morote dori
- Ushiro riot dori
- Yokomen uchi

### USHIRO

- Ryote dori - 5 different techniques
- Ryokata dori - 3 techniques
- Karate dori kubishime - 3 techniques

### NI NIN DORI

- Morote dori - 3 techniques

### HENKA WAZA

- Katate dori shihonage - 5 techniques
- Katate dori kotegaeshi - 5 techniques
- Katate dori iriminage - 5 techniques



# The Integral Dojo Examination Requirements

## Shodan

(Minimum of 200 hours & 1 year after 1<sup>st</sup> kyu)

### BUKI WAZA

#### Tanto Dori

- Tsuki - 2 techniques
- Shomen uchi - 2 techniques
- Yokomen uchi - 2 techniques
- Ushiro tsuki - 2 techniques

#### Tachi Dori (from shoman uchi)

- 5 techniques

#### Jo Dori (from tsuki)

- 5 techniques

#### Jo Nage

- 5 techniques

#### Bokken

- Kumi tachi 1 - 5
- Kumi tachi henna waza - 1 for each kumi tachi
- Ki musubi no tachi

#### Jo

- 31 kata kumi jo
- 1 - 5 kumi jo

### JIYU WAZA

- Against all strikes w/ 3 attackers