



# 友和会



## YUWAKAI EXAM REQUIREMENTS

1<sup>st</sup> DAN

POSITION	ATTACK	TECHNIQUE	EXPLANATION
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### ALL EXAM REQUIREMENTS OF 1st KYU PLUS

BASIC TECHNIQUES			
TACHIWAZA	all forms of attack	KOSHINAGE JIYU	various hip throws
TACHIWAZA SUWARIWAZA HANMIHANDACHI- WAZA	all forms of attack	JIYUWAZA	free technique
TACHIWAZA	TANTO-DORI	JIYUWAZA	against knife attack
TACHIWAZA	FUTARI-GAKE FUTARI-DORI	JIYUWAZA JIYUWAZA	2 attackers 2 attackers grab the wrists