



# 友和会



## YUWAKAI EXAM REQUIREMENTS

1<sup>st</sup> KYU

POSITION	ATTACK	TECHNIQUE	EXPLANATION
<b>ALL EXAM REQUIREMENTS OF 2nd KYU PLUS</b>			
<b>BASIC TECHNIQUES</b>			
TACHIWAZA	all forms of attaque	KOSHINAGE JIYU	varous hip throws
TACHIWAZA SUWARIWAZA HANMIHANDACHI- WAZA	all forms of attaque	JIYUWAZA	free technique
TACHIWAZA	KATA-DORI (grab shoulder) MUNE-DORI (grab lapels) SODE-DORI (grab sleeve) MEN-TSUKI (strike to the face)	IKKYO (OMOTE – URA) NIKYO (OMOTE – URA) SANKYO (OMOTE – URA) YONKYO (OMOTE – URA) KOSHINAGE IRIMINAGE (OMOTE – URA) KOTEGAESHI (OMOTE – UR)	1st form, armpin 2nd form, wrist lock 3rd form, wrist rotation 4th form, wrist pin down hip throw entering throw wrist turn outside throw
TACHIWAZA	SHOMEN-UCHI UCHI-IRIMI- TENKAN (like IKKYO, enter under the arm and TENKAN)	KOKYUNAGE SHIHONAGE (OMOTE – URA) UDEGERAMINAGE	breath power throw 4 direction throw arm wrapping throw
HANMIHANDACHI- WAZA	USHIRO- RYOKATADORI	SHIHONAGE (OMOTE – URA) KOTEGAESHI (OMOTE – URA) UCHIKAITEN-NAGE UCHIKAITEN-KATA-KATAME	4 direction throw wrist turn outside throw wheel throw (inside) wheel throw inside, shoulderpin
SUWARIWAZA	TSUKI	IKKYO (OMOTE – URA) NIKYO (OMOTE – URA) SANKYO (OMOTE – URA) YONKYO (OMOTE – URA) KOTEGAESHI (OMOTE – URA) KAITENNAGE	1st form, armpin 2nd form, wrist lock 3rd form, wrist rotation 4th form, wrist pin down wrist turn ouside throw wheel throw