



友和会

YUWAKAI EXAM REQUIREMENTS

4th KYU



POSITION	ATTACK	TECHNIQUE	EXPLANATION
ALL EXAM REQUIREMENTS OF 5th KYU PLUS			
POSTURES AND TAISABAKI'S (body movements)			
TACHIWAZA	YOKOMEN-UCHI SHOMEN-UCHI TSUKI (stap stoot)	TAISABAKI IRIMI, TENKAN “ “ IRIMI, TENKAN, UCHIIRIMI “ “ IRIMI, TENKAN, UCHIIRIMI	
BASIC TECHNIQUES			
TACHIWAZA	KATATEDORI GYAKUHANMI	SANKYO (OMOTE – URA) YONKYO (OMOTE – URA) IRIMINAGE (OMOTE – URA) KOTEGAESHI (OMOTE – URA) TENCHINAGE SUMIOTOSHI	3rd form, wrist rotation 4th form, wrist pin down entering throw wrist turn (outside) throw heaven and earth throw corner throw
TACHIWAZA	KATATEDORI AIHANMI	SANKYO (OMOTE – URA) YONKYO (OMOTE – URA) SOTOKAITEN-NAGE SUMIOTOSHI	3rd form, wrist rotation 4th form, wrist pin down wheel throw (outside) corner throw
TACHIWAZA & SUWARIWAZA	KATA, MUNE en SODE-DORI	SANKYO (OMOTE – URA) YONKYO (OMOTE – URA)	3rd form, wrist rotation 4th form, wrist pin down
TACHIWAZA & SUWARIWAZA TACHIWAZA	SHOMEN-UCHI	SANKYO (OMOTE – URA) YONKYO (OMOTE – URA) KOTEGAESHI (OMOTE – URA) UCHIKAITEN-SANKYO	3rd form, wrist rotation 4th form, wrist pin down wrist turn (outside) throw enter inside arm, wrist rotation
TACHIWAZA & SUWARIWAZA TACHIWAZA	YOKOMEN-UCHI	IKKYO (OMOTE – URA) NIKYO (OMOTE – URA) SANKYO (OMOTE – URA) YONKYO (OMOTE – URA) UDEKIMENAGE (JUJI-NAGE)	1st form, armpin 2nd form, wrist lock 3rd form, wrist rotation 4nd form, wrist pin down arm lock- (crossed arm throw)
TACHIWAZA	JODAN TSUKI (step strike, head) CHUDAN TSUKI (step strike, centre) GEDAN TSUKI (step strike, downward)	IRIMINAGE (OMOTE – URA) KOTEGAESHI (OMOTE – URA) SUMIOTOSHI UCHIKAITEN-SANKYO	entering throw (hand in neck) wrist turn outside throw corner throw enter inside arm, wrist rotation
TACHIWAZA	RYOTE-DORI RYOTE-MOCHI	SANKYO (OMOTE – URA) YONKYO (OMOTE – URA) ROKYO (UDEHISHIGE) SHIHONAGE (OMOTE – URA) TENCHINAGE KOKYUNAGE	3rd form, wrist rotation 4th form, wrist pin down 6th form, elbow lock 4 direction throw heaven - earth throw breath power throw

POSITION	ATTACK	TECHNIQUE	EXPLANATION
TACHIWAZA	KATATEDORI RYOTE-MOCHI (MOROTE-DORI) (2 hands grab 1 wrist)	SHIHONAGE (OMOTE – URA) UDEKIMENAGE (JUJI-NAGE) KOKYUNAGE	4 direction throw arm lock- (crossed arm throw) breath power throw