



友和会

YUWAKAI EXAM REQUIREMENTS



5th KYU

POSITION	ATTACK	TECHNIQUE	EXPLANATION
ALL EXAM REQUIREMENTS OF 6th KYU PLUS			
GENERAL EXERCISES			
TACHIWAZA	KATATEDORI RYOTE-MOCHI (MOROTE-DORI) (2 hands grab 1 wrist)	KOKYUROKYU-YOSEI-HO (URA – SOKUMEN)	breath power exercise
BASIC TECHNIQUES			
TACHIWAZA	KATATEDORI GYAKUHANMI (wrist grip in mirror position)	TAISABAKI UCHIKAITEN TAISABAKI UCHIIRIMI NIKYO (OMOTE – URA) UCHIKAITEN-KOKYU NAGE UCHIKAITEN-NAGE SOTOKAITEN-NAGE	entering outside (front foot) entering inside (back foot) 2nd form, wrist lock breath power wheel throw wheel throw (inside) wheel throw (outside)
TACHIWAZA	KATATEDORI AIHANMI (wrist grip in equal position)	NIKYO (OMOTE – URA) KOTEGAESHI (OMOTE – URA) SHIHONAGE (OMOTE – URA)	2nd form, wrist lock wrist turning throw 4 direction throw
TACHIWAZA & SUWARIWAZA	SHOMEN-UCHI (strike the head from above)	NIKYO (OMOTE – URA)	2nd form, wrist lock
TACHIWAZA	YOKOMEN-UCHI (strike the head from the side)	IKKYO (OMOTE – URA) NIKYO (OMOTE – URA) SHIHONAGE (OMOTE – URA)	1st form, armpin 2nd form, wrist lock 4 direction throw
TACHIWAZA & SUWARIWAZA	KATA-DORI (grab shoulder) MUNE-DORI (grab lapels) SODE-DORI (grab sleeve)	IKKYO (OMOTE – URA) NIKYO (OMOTE – URA)	1st form, armpin 2nd form, wrist lock
TACHIWAZA	RYOTE-DORI RYOTE-MOCHI (2 hands grab 2 wrists)	TAISABAKI (various forms) IKKYO (OMOTE – URA) NIKYO (OMOTE – URA)	1st form, armpin 2nd form, wrist lock