



友和会



YUWAKAI EXAM REQUIREMENTS

6th KYU

POSITION	ATTACK	TECHNIQUE	EXPLANATION
UKEMI (fall, roll)			
TACHIWAZA & SUWARIWAZA (standing & sitting)	SOLO	MAE-UKEMI-CHOKUTO YOKO-UKEMI-CHOKUTO USHIRO-UKEMI-CHOKUTO MAE-UKEMI-KAITEN YOKO-UKEMI-KAITEN USHIRO-UKEMI-KAITEN	break fall with arms forward (idem) arm sideways (idem) arms backward forward rolling sideways rolling backward rolling
POSTURES AND TAISABAKI'S (body movements)			
TACHIWAZA (standing)	SOLO	KAMAAI HIDARI HANMI GAMAE KAMAAI MIGI HANMI GAMAE TAISABAKI IRIMI TAISABAKI TENKAN TAISABAKI TENKAI TAISABAKI KAITEN TAISABAKI IRIMI-TENKAN	basic posture left foot front basic posture right foot front body movement (forward) idem (hip turn, step back) idem (hip turn without step) idem (step forward, turn hip) idem (forward, turn, step)
GENERAL EXERCISES			
TACHIWAZA	SOLO	TORIFUNE, FURITAMA	rowing exercise, wrist shaking
TACHIWAZA	KATATEDORI AIHANMI (wrist grip in equal position)	IKKYO-UNDO	ikkyo exercise
TACHIWAZA	RYOTE-DORI RYOTE-MOCHI (2 hands grab 2 wrists)	HAISHIN-UNDO	bridge exercise
SUWARIWAZA		KOKYU-HO	breath power exercise
SUWARIWAZA	SOLO	SHIKKO	knee walking (forward and backward)
BASIC TECHNIQUES			
TACHIWAZA	KATATEDORI GYAKUHANMI (wrist grip in mirror position)	TAISABAKI IRIMI TAISABAKI TENKAN IKKYO (OMOTE – URA) SHIHONAGE (OMOTO – URA)	entering with partner turning with partner 1 ^o form, armpin 4 direction throw
TACHIWAZA & SUWARIWAZA	KATATEDORI AIHANMI (wrist grip in equal position)	IKKYO (OMOTE – URA) IRIMINAGE (OMOTE – URA)	1st form, armpin entering throw (hand in neck)
TACHIWAZA & SUWARIWAZA	SHOMEN-UCHI (strike the head from above)	IKKYO (OMOTE – URA) IRIMINAGE (OMOTE – URA)	1 ^o vorm, armpin entering throw (hand in neck)