

# VWA 1st kyu requirements (120 days)

*Be able to apply and vary the techniques.*

## Required techniques

- shomenuchi/yokomenuchi/katadori/ushiro ryotedori ikkyo, nikyo, sankyo, yonkyo
- shomenuchi/tsuki/katatedori iriminage, kotegaeshi, kaitennage (uchi & soto)
- katatedori/ryotedori shihonage
- ryotedori tenchinage, kokyuhō
- yokomenuchi gokyo
- suwari waza shomenuchi/katadori/yokomenuchi ikkyo, nikyo, sankyo, yonkyo
- suwari waza ryote dori kokyuhō
- hanmi handachi waza katatedori/ryotedori shihonage
- tachi waza katatedori/ryotedori/morotedori jiyuwaza (five different techniques)

## Additional techniques

- morotedori iriminage
- ushiro ryotedori kotegaeshi
- katatedori/ryotedori koshinage
- suwari waza shomenuchi kotegaeshi
- hanmi handachi waza shomenuchi iriminage
- tachi waza shomenuchi/yokomenuchi jiyuwaza

## Notes:

The required techniques are from the official CAF 5th kyu requirements. The additional techniques are internal requirements by VWA to help the students prepare for their next tests.