

VWA 2nd kyu requirements (100 days)

Have power and be flowing.

Required techniques

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

Additional techniques

- shomenuchi gokyo
- shomenuchi kaitennage (uchi & soto)
- shomenuchi koshinage
- suwari waza yokomenuchi ikkyo
- hanmi handachi ryotedori shihonage
- tachi waza ryotedori/morotedori 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.