

VWA 3rd kyu requirements (100 days)

Have speed and stability.

Required techniques

- shomenuchi ikkyo, nikyo, sankyo, yonkyo
- shomenuchi iriminage, kotegaeshi
- tsuki iriminage, kotegaeshi
- yokomenuchi shihonage
- ryotedori shihonage
- ryotedori tenchinage
- suwari waza shomenuchi ikkyo, nikyo, sankyo, yonkyo
- suwari waza ryote dori kokyuho

Additional techniques

- katatedori iriminage
- katatedori kaitennage (uchi and soto)
- morotedori kokyuho
- suwari waza shomenuchi iriminage
- hanmi handachi waza katatedori shihonage

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.