

VWA 4th kyu requirements (80 days)

Have proper balance and timing.

Required techniques

- shomenuchi ikkyo
- shomenuchi iriminage
- yokomenuchi shihonage
- katadori nikyo
- suwari waza ryote dori kokyuho

Additional techniques

- tsuki iriminage
- katatedori kotegaeshi
- shomenuchi sankyo
- suwari waza katadori nikyo

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.