

VWA 5th kyu requirements (40 days)

Know basic forms with accuracy.

Required techniques

- shomenuchi ikkyo
- shomenuchi iriminage
- katate dori shihonage
- suwari waza ryote dori kokyuho

Additional techniques

- tsuki kote gaeshi
- ryotedori tenchinage
- suwari waza shomenuchi ikkyo

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.