

VWA 6th kyu requirements (20 days)

Basics

- Hidari hanmi and migi hanmi (kamae)
- Seiza (standing in hanmi to sitting, and back to standing in hanmi)
- Rei in seiza

Footwork (ashi/tai sabaki, solo)

- Ayumi ashi
- Okuri yashi
- Tsugi yashi
- Irimi
- Tenkan
- Yoko sabaki
- Tenshin
- Shiho ashi sabaki
- Shikko (mae and ushiro)

Ukemi (solo)

- Mae ukemi
- Ushiro ukemi

Attacks (with a partner)

- Katate dori (ai hanmi and gyaku hanmi)
- Kata dori (gyaku hanmi)
- Shomenuchi (ai hanmi)
- Yokomenuchi
- Tsuki

Techniques (with a partner, both as uke and tori)

- Tenkan (static and flowing)
- Katatedori shihonage
- Zagi kokyūho