

5 KYU

UKEMIWAZA

TOBIKOSHI UKEMI

SHIKKO

IRIMI-TENKAN

TACHIWAZA:

AIHANMI KATATEDORI

NIKYO (omote, ura)

SANKYO (omote, ura)

KOTE-GAESHI

SHIHO-NAGE (omote, ura)

GYAKUHANMI KATATEDORI

IKKYO (omote, ura; tenkan)

TENCHI-NAGE

KATADORI

IKKYO (omote, ura)

SHOMEN-UCHI

IKKYO (omote, ura)

SUWARIWAZA:

SHOMEN-UCHI

IKKYO (omote, ura)

KATATEDORI

IKKYO (omote, ura)