

## 6 KYU

TAISABAKI

IRIMI-TENKAN  
TENKAN ASHI

UKEMIWAZA

MAE UKEMI  
USHIRO UKEMI

SHIKKO

MAE, USHIRO

### TACHIWAZA:

AIHANMI KATATEDORI

IKKYO (omote, ura)  
IRIMI-NAGE

GYAKUHANMI KATATEDORI

SHIHO-NAGE (omote, ura)  
KOKYU-NAGE

SHOMEN-UCHI

IRIMI-NAGE

### SUWARIWAZA:

RYOTEDORI

KOKYU-HO