

6 Kyu

Hanmi

Ukemi

- Mae
- Ushiro

Shikko

Tai no henko

Morote dori kokyu ho

Ai hanmi – katate dori

- Ikkyo- omote og ura waza
- Kote gaeshi

Gyaku hanmi – katate dori

- Shiho nage- omote og ura waza

Kata dori

- Ikkyo – omote
- Nikyo – ura

Ryote dori

- Tenchi nage

Suwari waza kokyu–ho