



5th Kyu

Tai sabaki

Two steps
Tenkan
Irimi
Front side step
Back side step
Pivot
Shikko forward, backward, turns

Ukemi

Forward roll
Backward roll
Forward roll - slap & stay down, kick to come up ★

Attacks

Katate dori
Gyakute dori ★
Morote dori ★
Mune tsuki
Kata dori ★
Shomen uchi
Yokomen uchi ★

Tachi waza

Tai no henko
Morote dori Kokyu ho ★
Kokyu nage
- Katate dori, 3 ways
Ikkyo ★
- Shomen uchi
- Katate dori

Nikyo ★

- Katate dori
- Kata Dori
- Gyakute dori (ura waza only)

Shiho nage ★

- Katate dori
- Yokomen uchi

Kote gaeshi

- Mune tsuki
- Shomen uchi

Buki waza (weapons) ★

Bokken
- 7 bokken suburi
Jo
- 20 jo suburi, 1-5

Kokyu dosa