



## Blue Belt, 5th Kyu

*All tai sabaki and ukemi from previous ranks*

*All attacks from previous ranks + Ryote dori*

### **Tachi waza**

Tae no henko

Morote dori kokyu ho

Kokyu nage

- Katate dori, 3 ways

- Mune tsuki

- Shomen uchi

- Gyakute dori

Kote gaeshi

- Mune tsuki

- Shomen uchi

- Yokomen uchi ★

Shiho nage

- Katate dori

- Shomen uchi

- Yokomen uchi

Irimi nage

- Mune tsuki

- Shomen uchi

Ikkyo ★

- Katate dori

- Ryote dori

- Shomen uchi

Nikyo ★

- Gyakute dori (ura waza only)

### **Buki waza**

7 bokken suburi

31 jo kata, 1–10 ★

### **Kokyu dosa**