

Rokyu

(6th Kyu)

Basics

1. Etiquette
2. Ukemi (Migi & Hidari)
3. Ashi Sabaki (with partner and alone)

*Tai no Henko Ichi, Tai no Henko Ni, Hiriki no Yosei Ichi, Hiriki no Yosei Ni, Mae Mawari
Kaiten, Ushiro Mawari Kaiten*

4. So Tai A

Kihon Waza (one version)

Ikajo, Nikajo, Sankajo

Combinations

Ryote Mochi (soft & hard) – *Sankajo, Kaitenage, turn + Ikajo*

Freestyle

Ryote Mochi

Gokyu

5th Kyu

Basics

1. Hiyaku & Ushiro Ukemi
2. Ashi Sabaki

Shumatsu Dosa Ichi & Ni

Kihon Waza (one version)

Shihonage, Yonkajo, Hijiate

One additional version of Rokyu Kihon Waza

Combinations

Katate Mochi (soft & hard) – *turn+Nikajo, Yonkajo, Sankajo, Shihonage, Hijiate*

Freestyle

Ryote Mochi

Katate Mochi