

5 Kyu

tachi waza

hanmi		
tai sabaki		
ukemi		
katate dori	tai no henko	kihon
katate dori	tai no henko	ki no nagare
morote dori	kokyu ho	

katame waza

katate dori	dai ikkyo	omote & ura
shomen uchi	dai ikkyo	omote & ura

nage waza

katate dori	shiho nage	omote & ura
shomen uchi	irimi nage	

suwari waza

ryote dori	kokyu ho
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