

5º KYU

- TACHIWAZA:

- 1- SOMENUCHI IKKYO – OMOTE / URA
- 2 - SOMENUCHI NIKYO – OMOTE / URA
- 3 - SOMENUCHI KOTEGAESHI
- 4 – CHUDANTSUKY IRIMINAGE
- 5 - CHUDANTSUKY KOTEGAESHI
- 6 - KATATEDORI SHIHONAGE – OMOTE / URA
- 7 - KATATEDORI TENCHINAGE
- 8 - KATATEDORI IKKYO – OMOTE / URA
- 9 - KATATEDORI UDEKIMENAGE – IRIMI / TENKAN
- 10 - KATATEDORI KOKYUNAGE

- SUWARIWAZA:

- 11 - SHOMENUCHI IKKYO – OMOTE / URA
- 12 – RIOTEDORI KOKYUHO