

UP TO RED BELT / 6TH KYU

Free Standing Exercises

Posture	Tsukiashi
Tenkiashi	Irimiashi
Ukemi	Ayumiashi
Shikko	
Tenkan	Shomenuchi
(FF) Irimi tenkan	Yokomenuchi
BF irimi tenkan	Tsuki

Partner Exercises

Ai hanmi katate dori:

FF irimi
BF irimi

Uchikaiten

Gyaku hanmi katate dori:

Tenkan
FF irimi
BF irimi
Uchikaiten
Break the grip

Techniques

Ai hanmi katate dori:

Ikkyo

Gyaku hanmi katate dori:

Uchikaiten nage

Sitting kokkyu ho