

UP TO YELLOW BELT / 5TH KYU

Plus selected exercises.

Tie belt
Show jodan, chudan, gedan
Ukemi over person

Partner Exercises

Gyaku hanmi katate dori:

Ushiro tenkan
Sotokaiten
Kaiten

Techniques

Ai hanmi katate dori:

Uchikaiten nage
Iriminage
Sotokaiten nage
Shihonage (no grip)

Shomenuchi:

Ikkyo

Sitting kokkyu ho

Gyaku hanmi katate dori:

Sumiotoshi
Tenchinage
Kokkyu nage
Sotokaiten nage
Iriminage
Ikkyo
Shihonage (no grip)

Yokomenuchi:

Ikkyo

Weapons

Bokken

Shihogiri
Happogiri
Shomenuchi – jigata

Jo

Kesa
Shomen } demonstrate
Tsuki