

5th Kyu Grading Syllabus

Body Art

50Hrs

Partner Exercises

Aihami & Gaku Jodan, Chudan Gedan. Tenkan JCG

Aihami Ikkyo practice Soto kaiten

Techniques

Aihami Katatedori

(Omote and Ura)

Ikkyo

Nikkyo

Iriminage

Gakyu hami Katatedori

(Omote and Ura)

Ikkyo

Nikkyo

Shionage

Uchikaitenage

Sotokaitenage

Tenchnage

Sumiotoshi

Kokyuho

Ryotedori

(Omote and Ura)

Sumiotoshi

Tnchinage

Iriminage

Kotegashi

Katadori

(Omote and Ura)

Ikkyo

Morotedori

(Omote and Ura)

Ikkyo

Kokyunage

Kokyuho

Shomenuchi

(Suwariwaza and Tachiwaza)

(Omote and Ura)

Ikkyo

Yokomenuchi

(Omote and Ura)

Ikkyo

Ryotedori

Sitting Kokyuho

Ukemi

Yokomenuchi Shionage

Weapons

Boken

Shiogeru

Happogeri

8 Suburi

Jyo

3 Kesa

3 Shomen

3 Tsuki