

# 6 KYU

## TACHI WAZA

Kiawase - Shomen Uchi

Iriminage  
Kotegaeshi

Katatedori Aihanmi

Ikkyo ( Omote + Ura )

Katatedori  
Gyakuhanmi

Shihoonage ( Omote + Ura )

Ryotedori

Tenchinage  
Genkeikokyunage

# 5 KYU

## TACHI WAZA

Kiawase - Shomen Uchi

Ikkyo ( Omote + Ura )

Katatedori Aihanmi

Ikkyo ( Omote + Ura )  
Nikyo ( Omote + Ura )  
Iriminage  
Kotegaeshi

Katatedori  
Gyakuhanmi

Shihoonage ( Omote + Ura )  
Tenchinage  
Genkeikokyunage  
Uchikaitennage  
Sotokaitennage

Kiawase - Shomen Uchi

Iriminage  
Kotegaeshi  
Sumiotoshi  
Uchikaitennage

Ryotedori

Shihoonage ( Omote + Ura )  
Tenchinage  
Genkeikokyunage

Chudan Tsuki

Ikkyo  
Kotegaeshi