

5th Kyu GOKYU

Minimum training 20 hours and 2 months

Preliminary training

1. Kokyo
2. Shikko
3. Ukemi

Tachiwaza

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| Shomenuchi | <ol style="list-style-type: none">1. Ikkyo (omote & ura)2. Nikyo (omote & ura)3. Iriminage4. Kotegaeshi |
| Katatetori | <ol style="list-style-type: none">5. Shihonage (omote & ura)6. Ikkyo (omote & ura)7. Udekimenage (irimi & tenkan) |
| Katatetori | <ol style="list-style-type: none">8. Ikkyo (omote & ura) |

Suwariwaza

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| Shomenuchi | <ol style="list-style-type: none">1. Ikkyo (omote & ura) |
| Katatori | <ol style="list-style-type: none">2. Ikkyo (omote & ura) |
| Ryotedori | <ol style="list-style-type: none">3. Kokyo Ho |