

6th Kyu ROKUKYU

Minimum training 20 hours and 2 months

Preliminary training

- 1 Akitaiso
- 2 Taisabaki
- 3 Ukemi

Tachiwaza

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| Katatetori Ahanmi | 1. Iriminage |
| | 2. Kotegaeshi |
| | 3. Ikkyo (omote & ura) |
| | 4. Shihonage (omote & ura) |
| | 5. Uchikaiten Sankyo (irimi) |