

# 5<sup>th</sup> Kyu GOKYU

## Minimum training 20 hours and 2 months

### Preliminary training

1. Kokyo
2. Shikko
3. Ukemi

### Tachiwaza

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|------------|---------------------------------|
| Shomenuchi | 1. Ikkyo (omote & ura)          |
|            | 2. Nikyo (omote & ura)          |
|            | 3. Iriminage                    |
|            | 4. Kotegaeshi                   |
| Katatetori | 5. Shihonage (omote & ura)      |
|            | 6. Ikkyo (omote & ura)          |
|            | 7. Udekimenage (irimi & tenkan) |
| Katatetori | 8. Ikkyo (omote & ura)          |

### Suwariwaza

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|------------|------------------------|
| Shomenuchi | 1. Ikkyo (omote & ura) |
| Katatori   | 2. Ikkyo (omote & ura) |
| Ryotedori  | 3. Kokyo Ho            |