

# 6<sup>th</sup> Kyu ROKUKYU

## Minimum training 20 hours and 2 months

### Preliminary training

- 1 Akitaiso
- 2 Taisabaki
- 3 Ukemi

### Tachiwaza

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