

5th Kyu Grading Guidelines
Min 50hrs

Exercises

Aihanmi Katatedori: Jodan, Chudan, Gedan
Gyakuhanmi Katatedori: Jodan, Chudan, Gedan.

Techniques (*All through omote & ura*)

Aihanmi Katatedori

Ikkyo
Nikyo
Iriminage
Kotegaeshi
Shihonage

Gyakuhanmi Katatedori

Ikkyo
Kokyunage (+ variations)
Shihonage
Uchikaitenage
Sotokaitenage
Tenchinage
Sumiotoshi

Morotedori

Kokyunage

Shomenuchi (*suwari & tachi waza*)

Ikkyo

Katadori

Ikkyo

Ryotedori

Suwari waza Kokyuho

Weapons (+6th Kyu)

Bokken

8 suburi

Jyo

10 of 20 suburi