

# 5° KYU

Kokyuhō - Shikō

## TACHIWAZA

SHOMENUCHI : IKKYO (O-U), NIKKYO (O-U),  
KOTEGAESHI.

CHUDANTSUKI : IRIMINAGE (O-U),  
KOTEGAESHI (O-U), SHIHONAGE (O-U).

KATATEDORI : IKKYO (O-U), SHIHONAGE (O-U),  
UDEKIMENAGE (O-U), TENCHINAGE,  
KOKYUNAGE.

## SUWARIWAZA

SHOMENUCHI : IKKYO (O-U).

KATADORI : IKKYO (O-U).