

Examen de 5 kyu - 100 heures et/ou 5 mois



	tachi waza (tech. debout)	suwari waza (tech. assis)
Tech.	Attaque	Attaque
ikkyo	shomen uchi	
tenchi nage	ryote dori	
irimi nage	shomen uchi	
kote gaeshi	shomen uchi	
shiho nage	katate dori	
kokyu nage	katate dori	
kokyu ho		seize - ryote dori