

SESTO KYU

Kokkyu (respirazione)

Taisabaki Tenkan, Irimi-tenkan
Okuri-ashi, Tsugi-ashi, Ayumi-ashi

Ukemi Mae-ukemi, Giaku-ukemi, Ushiro-ukemi

Tachiwaza Katatetori *Ahianmi* Ikkio *omote/ura*
Katatetori *Ahianmi* Shionage *omote/ura*
Katatetori *Ahianmi* Iriminage
Katatetori *Ahianmi* Kotegaeshi
Katatetori TenchinageSuwariwaza Ahianmi Ikkio *omote/ura*
Ryotetori Kokyu Ho