

## **Gokyu 5 kyu**

*Shikko*

Mae, ushiro

*Ukemi*

Yoko ukemi

### **Tachiwaza**

Ikkyo

shomen-uchi

Shihonage

katatedori

Iriminage

shomen-uchi

Kotegaeshi

Aihanmi katatedori

Tenchinage

Ryotedori

### **Suwariwaza**

Kokyu-ho

ryotedori

*Kyusho*

Extrapunkt M-UE-13

Trippelvärmarmmedianens 3 punkt. Tillsammans basen för kotegaeshigreppet.

