

Wymagania egzaminacyjne na stopień 6 kyu

Ten chi waza
Katate dori
aichami

IKKYO OMOTE/URA
SHIHO NAGE OMOTE/URA
IRIMI NAGE

Ashi Sabaki
Schikko omote / ura
May ukemi
Ushiro ukemi
Kote gaeyshi omote

Shomen uchi

IKKYO OMOTE/URA
IRIMI NAGE

Suweri waza

Kokiu Ho