

NAF 6th kyu (min. 40 days of practice)

Tandoku doza

- hidari kamae
- migi kamae
- mae ukemi
- ushiro ukemi
- shikko

Suwari waza

- shomen uchi ikkyo
- shomen uchi irimi nage

- ryote dori kokyu ho

Tachi waza

- shomen uchi ikkyo
- shomen uchi irimi nage

- katate dori shiho nage

- katate dori ai hanmi ikkyo