

Grade	6th to 5th Kyu	6th to 5th Kyu
Belt		
Ukemi	Mae ukemi	Forward breakfall
Tachi-waza	Tai-otoshi	Hand throw body drop
	Ippon-seoi-nage	One arm shoulder
	O-uchi-gari	Major inner reaping
Osae-komi-waza	Yoko-shiho-gatame	Side four quarters hold
	Tate-shiho-gatame	Lengthwise four quarters hold
	Kami-shiho-gatame	Upper four quarters hold
<b>Performance</b>		
	O-uchi-gari into Tate-shiho-gatame	
	Ippon-seoi-nage into Kami-shiho-gatame	
	Tai-otoshi into Yoko-shiho-gatame	
Ne-waza	Escape from kami-shiho-gatame using action/ reaction	
	Escape from Tate-shiho-gatame using bear hug roll	
	Escape from Yoko-shiho-gatame using trap, bridge and roll	
	Turn from all fours to Kesa-gatame	
	Turn from all fours into Mune-gatame	
	Turnover into Yoko-shiho-gatame (Uke prone)	
Kumi-kata	Right and left standard grips and alternatives	
Randori	2 minutes throw for throw Nage-komi	Repetitive throwing
Personal Choice	Two tachi-waza and two osae-komi-waza	
Translation	Above only	
	Two actions against contest rules	