Grade	4th to 5th Mon	4th to 5th Mon
Belt	I I	I I
Ukemi	Mae Mawari Ukemi III	Forward rolling breakfall
Tachi-waza	Ippon-seoi-nage	One arm shoulder
Osae-komi-waza	Kami-shiho-gatame	Upper four quarters hold
Performance		
Combination	Ippon-seoinage into Kami-shiho-gatame	
Ne-waza	Turn from all fours to Kesa-gatame	
	Escape from kami-shiho-gatame using action/ reaction	
Kumi-kata	Alternative grips	
Personal Choice	Two favourite waza	
Translation and terminology	Above only	Above only