

5th Kyu
(Monthly Grading Tests)

1	Migi-hanmi-Kamae & Hidari-hanmi-Kamae
2	Kamae-niyoru-Atemi Sotai-dosa
3	Ken-soho 1,2,3,4,5
4	Ken-soho Tai-no-henko (1)(2)
5	Kento-Shomen-geri Sotai-dosa
6	Kata-oshi/Body-push Kote-gaeshi
7	Kento-gate Kote-gaeshi (1)
8	Katate-aya-mochi Ikkajo-nage (both-sides)