

## GOKYU (5<sup>th</sup> Level White Belt) Requirements

### Seven Virtues of Bushido

*Benevolence • Politeness • Courage • Justice • Honor • Veracity • Loyalty*

#### UKEMI-WAZA

- Kneeling Side Fall
- Forward Fall
- Reverse One-Legged Squat
- One-Legged Squat
- Simple Sit Down
- Forward Roll
- Backward Roll

#### BODY MOVEMENTS/STANCES

- Yoko-sabaki
- Mae-sabaki
- Ushiro-sabaki
- Kiba-dachi
- Neko-dachi
- Zenkutsu-dachi
- Kukutsu-dachi
- Ude Furi-undo
- Tenkan

#### TE-WAZA

##### Te

- Tsuki
- Shuto
- Haito
- Ha-sui
- Nukutie
- Hiji
- Ura-ken
- Tetsui
- (Blocks)**
- Age-uke

- Juji-uke
- Nagashi-uke
- Gedan-bari
- Gedan-ulna uke

##### Geri

- Mae-geri
- Yoko-geri
- Fumikomi
- Hitsui-geri

Current Rank: ROKYU (6<sup>th</sup> Kyu)

### BASIC ESCAPES

- Katate Mochi (a), (b)
- Cross Wrist
- Front Choke
- Ryote Mochi

### ATEMI-WAZA

- |   |                       |
|---|-----------------------|
| <input type="checkbox"/> Side Headlock          | Fumikomi              |
| <input type="checkbox"/> Side Headlock          | Knuckle Press         |
| <input type="checkbox"/> Side Headlock          | Yoko-haito            |
| <input type="checkbox"/> Kneeling Side Headlock | Calf Touch            |
| <input type="checkbox"/> Body Scissor           | Knee Touch            |
| <input type="checkbox"/> Front Hug (Free)       | Ear Clap              |
| <input type="checkbox"/> Front Hug (Free)       | Ippon-nukite (Throat) |
| <input type="checkbox"/> Front Hug (Free)       | Nukite (Face)         |
| <input type="checkbox"/> Right & Left           | Front Headlock        |
| <input type="checkbox"/> Handshake              | Knuckle Press         |
| <input type="checkbox"/> Handshake              | Thumb Bar             |
| <input type="checkbox"/> Rear Strangle          | Ear Clap              |
| <input type="checkbox"/> Straddle Choke         | Radius Throw          |
| <input type="checkbox"/> Wrist Hold             | Wrist Bend            |
| <input type="checkbox"/> Wrist Hold             | Finger Bend           |

### NAGE-WAZA

- O-goshi
- Kesa-nage
- Seoi-nage
- Kubi-nage
- Maki-komi
- O-soto-gari
- Ko-soto-gari
- O-uchi-gari
- Ko-uchi-gari
- De-ashi-harai

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### JUJUTSU (Te-waza)

|   |                  |
|---|------------------|
| <input type="checkbox"/> Wrist Hold           | Flex/Twist       |
| <input type="checkbox"/> Double Elbow (Rear)  | Wrist Twist      |
| <input type="checkbox"/> Rear Hug (Free)      | Front Flex       |
| <input type="checkbox"/> Right Blow (Block)   | Stretch Arm Bar  |
| <input type="checkbox"/> Cross Wrist          | Ude-tori         |
| <input type="checkbox"/> Lapel Grab           | Hammer Lock      |
| <input type="checkbox"/> Wrist Hold           | Te-kubi-tori     |
| <input type="checkbox"/> Rear Handchoke       | Te-kubi-tori     |
| <input type="checkbox"/> Rear Strangle        | Judo Lock        |
| <input type="checkbox"/> Double Wrist         | Judo Lock        |
| <input type="checkbox"/> Double Wrist         | Inside Arm Twist |
| <input type="checkbox"/> Right Blow (Nagashi) | Inside Arm Twist |
| <input type="checkbox"/> Wrist Hold           | Reverse Arm-bar  |
| <input type="checkbox"/> Front Choke          | Reverse Arm-bar  |
| <input type="checkbox"/> Right Blow (Block)   | Reverse Arm-bar  |
| <input type="checkbox"/> Right Blow (Block)   | Ulna Press       |
| <input type="checkbox"/> Rear Hug (Pin)       | Ulna Press       |
| <input type="checkbox"/> 2-on-1 Elbow (Rear)  | Ulna Press       |

### KATAME-WAZA

- Near Nelson
- Far Nelson
- Headlock/Sacrifice
- Reverse Nelson
- Far Arm Snatch
- Leg Snatch
- Cross Foot
- Hand-to-Knee
- Sasae-ashi
- Morote Sasae-ashi

### OSAEKOMA-WAZA

- Kesa-gatame
- Kata-gatame
- Mune-gatame
- Yoko Shiho-gatame
- Kami Shiho-gatame

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Free-form

### **NIHON JUJUTSU (Kata 1)**

- Kote Hineri Nage
- Uchi Tenkai Nage
- Kote Gaeshi Nage
- Ude Kujiki Osae

### **AIKIDO**

Shomen-uchi – Irimi-nage

- Hombu      Omote & Ura
- Modern      Omote & Ura
- Ikkajo      Omote & Ura

### **Aiki Ken BOKKEN**

- Kata 1
- Kata 2
- Kata 3
- Kata 4
- Kata 5
- Kata 6
- Kata 7