

Junior Nanakyu (Yellow Belt) Practice Sheet

Exercise	Notes
Seiza	Bowing, Rise
Funekogi Undo	Rowing (R/L)
Ukemi	Back fall with/without slap out
Ude Furi Undo	Solo parry (R/L)
Hanmi and Ma-ai with a partner	Migi (Right) and Hidari (Left)
Attack	Defense
Yokomen Uchi	Kotegaeshi
Ryokatatori (Front)	Ikkyo Omote
Hook Elbows (Rear)	Iriminage
10 Hours Minimum Required	Kokyu Ho