

Junior Gokyu (Green Belt) Practice Sheet

Exercise	Notes
Funekogi Undo	Rowing (R/L)
Ikkyo Undo	High Parry
Tai Sabaki	Tenkan, Push Parry, Pivot parry
Ukemi	Back fall with/without slap out
Ukemi	Kneeling roll, front and back
Atemi with a Partner	Yokomenuchi, Shomenuchi, Munetsuki
Ude Furi Undo	Yoke, Sho, Tsuki inside. With uke, measure Ma-ai.
Attack	Defense
Yokomen Uchi	Kotegaeshi
Katatetori	Shihonage Omote
Kosatori	Kotegaeshi
Kosatori	Sankyo (Pin)
Ryokatatori (Front)	Ikkyo Omote
Hook Elbows (Rear)	Iriminage
Around the Neck (Rear)	Kotegaeshi
10 Hours Minimum Required	Kokyu Ho