

Junior Rokyū (Orange Belt) Practice Sheet

Exercise	Notes
Funekogi Undo	Rowing (R/L)
Ikkyo Undo	High Parry
Ukemi	Back fall with/without slap out
Ukemi	Kneeling roll, front
Atemi Solo	Yokomenuchi, Shomenuchi, Munetsuki
Hanmi and Ma-ai with a partner	Migi (Right) and Hidari (Left)
Ude Furi Undo	Yoke, Sho, Tsuki inside. With uke, measure Ma-ai.
Attack	Defense
Yokomen Uchi	Kotegaeshi
Kosatori	Kotegaeshi
Ryokatatori (Front)	Ikkyo Omote
Hook Elbows (Rear)	Iriminage
Around the Neck (Rear)	Kotegaeshi
10 Hours Minimum Required	Kokyu Ho