

AIKIAI OSLO, PENSUM 5. KUY

Tobikoshi ukemi
Ikkyo undo (shiho)
Shikko (mae, ushiro)

Inklusive 6. Kyu

TACHI WAZA

Ikkyo - Ai hanmi katate dori, Shomen uchi
Shiho nage - Ai hanmi katate dori, Katate dori
Irimi nage - Ai hanmi katate dori, Shomen uchi
Tenchi nage - Katate dori

SUWARI WAZA

Kokyo ho - Ryote dori