



5 ème KYU



TACHI WAZA

YOKOMEN UCHI **IKKYO** Omote/Ura

YOKOMEN UCHI **SHIHONAGE** Omote

YOKOMEN UCHI **KOTE GAESHI** Omote/Ura

YOKOMEN UCHI **UDEKIMENAGE** Omote/Ura

YOKOMEN UCHI **IRIMINAGE**

