

5° Kyu (Faixa amarela)		
1.	Mae kaiten ukemi	TF
2.	Ushiro kaiten ukemi	TF
3.	Ushiro hanten ukemi	TF
4.	Tenkan-ho atrás	TS
5.	Tenkan-ho frente	TS
6.	Aihanmi katate-tori dai-itikyo omote	TS
7.	Aihanmi katate-tori dai-itikyo ura	TS
8.	Aihanmi katate-tori shiho-nague omote	TS
9.	Aihanmi katate-tori shiho-nague ura	TS
10.	Shomen-uti dai-itikyo omote	TF
11.	Shomen-uti dai-itikyo ura	TF
12.	Shomen-uti Irimi-nague omote	TF
13.	Shomen-uti Irimi-nague ura	TF
14.	Suwari-waza kokyuho	TS