NAF 5th kyu (min. 40 days of practice)

Tandoku doza

- hidari kamae
- migi kamae
- mae ukemi
- ushiro ukemi
- shikko
- kaiten
- irimi
- tenkan
- irimi tenkan

Suwari waza

- shomen uchi ikkyo
- shomen uchi nikyo
- shomen uchi irimi nage
- ryote dori kokyu ho

Tachi waza

- shomen uchi ikkyo
- shomen uchi nikyo
- shomen uchi irimi nage
- yokomen uchi ikkyo
- katate dori shiho nage
- katate dori ikkyo
- katate dori nikyo
- katate dori tenchi nage
- katate dori sumi otoshi
- ryote dori tenchi nage
- ryote dori sumi otoshi
- katate dori ai hanmi ikkyo
- katate dori ai hanmi irimi nage
- morote dori kokyu ho