

# Gokyu Requirements

## Rolls & Falls:

### *Chugaeri:*

- Kneeling Forward Roll
- Kneeling Shoulder Roll
- Kneeling Back Roll
- Kneeling Face Fall
- Standing Shoulder Roll
- Standing Back Roll

### *Ukemi:*

- Kneeling Face Fall
- Rolling Flat Fall
- Rolling Back Fall
- Crouching Back Fall
- Crouching Side Fall

### *Sutemi:*

- Shoulder Flat Fall

## Yawara (all)

## Nage (all)

## Written Exam

## Oral Vocabulary Exam

