

4 KYU

SUWARI WAZA

Kiawase - Shomen Uchi

Ikkyo (Omote + Ura)

TACHI WAZA

Kiawase - Shomen Uchi

Ikkyo (Omote + Ura)

Nikyo (Omote + Ura)

Ryotedori

Shihoonage (Omote + Ura)

Udekimenage

Kiriotoshi (Chinshin)

Tenchinage

Genkeikokyunage

Katatedori Aihanmi

Shihoonage (Omote + Ura)

Iriminage

Kotegaeshi

Udekimenage

Uchikaitennage

Katatedori
Gyakuhanmi

Ikkyo (Omote + Ura)

Kotegaeshi

Iriminage

Yokomen Uchi

Shihoonage

Iriminage

Katadori Menuchi

Kotegaeshi

Shihoonage

Ushiro Ryotedori

Kotegaeshi

Iriminage