

4º KYU

- TACHIWAZA:

- 1- SOMENUCHI SANKYO – OMOTE / URA
- 2 - SOMENUCHI UCHIKAITEN SANKYO
- 3 - YOKOMENUCHI SHIGONAGE – OMOTE / URA
- 4 - YOKOMENUCHI IRIMINAGE
- 5 - YOKOMENUCHI TENCHINAGE
- 6 - YOKOMENUCHI KOTEGAESHI
- 7 - YOKOMENUCHI UDEKIMENAGE
- 8- CHUDANTSUKY UDEKIMENAGE
- 9 - JODANTSUKY IKKYO – OMOTE / URA
- 10 - RYOTEDORY SHIHONAGE – OMOTE / URA
- 11 - RYOTEDORY TENCHINAGE
- 12 - RYOTEDORY UDEKIMENAGE
- 13 - RYOTEDORI IKKYO – OMOTE / URA
- 14 - KATATEDORI NIKYO – OMOTE / URA
- 15 - KATATERYOTEDORI KOTEGAESHI

- SUWARIWAZA:

- 16- SHOMENUCHI NIKYO – OMOTE / URA
- 17 - KATADORI NIKYO – OMOTE / URA
- 18 - RYOTEDORI KOKYHUKO