

4 KYU

TACHIWAZA:

GYAKUHANMI KATATEDORI

IKKYO (omote, ura; tenkan)
NIKYO (omote, ura; tenkan)
SANKYO (omote, ura; tenkan)
YONKYO (omote, ura; tenkan)
KOTE-GAESHI
IRIMI-NAGE
UDEKIME-NAGE (omote)
KOKYU-NAGE (3 erinevat)

KATADORI

NIKYO (omote, ura)
IRIMI-NAGE

SHOMEN-UCHI

NIKYO (omote, ura)
SANKYO (omote, ura)
KOTE-GAESHI

YOKOMEN-UCHI

SHIHO-NAGE (omote, ura)

SUWARIWAZA:

KATADORI

NIKYO (omote, ura)

SHOMEN-UCHI

NIKYO (omote, ura)