

## 4th Kyu grading Body art 80 hrs

### Aihami (Irimi & Tenkan)

Ikkyo  
Nikkyo  
Sankyo  
Iriminage  
Kotegashi  
Shionage  
Kaitenage  
Sotokaitenage  
Sumiotoshi  
Soto kaitenage

### Gakyuhami (Irimi & Tenkan)

Ikkyo  
Nikkyo  
Kokyunage  
Iriminage  
Kotegashi  
Shionage

### Royotedori (Tachiwaza)

Shionage  
  
(Hanmihandachi)  
Shionage

### Myrotedori

Kokyunage

### Katadori

Ikkyo  
Nikkyo  
Sankyo

### Shomenuchi (Suwariwaza & Tachiwaza)

Ikkyo  
Nikkyo  
Sankyo

### Ukemi

Yokomenuchi Shionage  
Gakyuhami Ikkyo (Irimi & Tenkan)  
Shomenuchi Iriminage  
Shomenuchi Kotegashi

### Weapons

#### Bokken

Shiogeri & Happogeri  
7 Suburi  
8 Suburi

#### Jyo

10 of 20 Jyo Suburi  
12 Kesa  
Sansho 1 part 1 both sides

### Ryote Dori

Sitting Kokyuho