

UP TO ORANGE BELT / 4TH KYU

Plus selected techniques and exercises from previous belts

Techniques

Ai hanmi katate dori:

Kokkyu nage x 3
Kokkyu ho
Kotegaeshi

Gyaku hanmi katate dori:

Kokkyu nage x 3
Kokkyu ho
Kotegaeshi

Ryote dori:

Kokkyu nage
Ikkyo
Kokkyu ho
Uchikaiten nage
Sumiotoshi
Tenchinage

Morote dori:

Kokkyu ho
Shihonage
Kokkyu nage

Shomenuchi:

Iriminage
Kokkyu ho

Yokomenuchi:

Sumiotoshi
Tenchinage
Uchikaiten nage

Suwari waza Shomenuchi:

Ikkyo
Iriminage

Weapons

Plus selected exercises from previous grades

Bokken

Shomenuchi
Tsuki } stepping forward
Kida geashi
Nos 14 of 8 Suburi

Jo

Nos 1 – 10 of 20 Suburi