

4thKyu Grading Syllabus
Body Art
(80Hrs and attendance of local course's)

Exercises

3 Ushiro tenkan exercises Myrotedori exercises Kata exercises

Aihami Katate dori

Ikkyo
Nikkyo
Sankyo
Iriminage JCG
Kotegashi
Shionage
Kiatenage
Soto kaitenage
Sumiotoshi

Gakyuhami Katate dori

Ikkyo
Nikkyo
Kokyunage
Iriminage JCG
Kotegashi
Shionage
Kokyunage

Ryote dori

(Tachi & hani)
Shionage
Tenchinage
Kokyunage

Morote dori

Kokyuhō
Kokyunage

Kata dori

(Suwari & Tachiwaza)
Ikkyo

Shomenuchi

(Suwari & Tachiwaza)
Ikkyo
Nikkyo
Sankyo
Iriminage
Kotegashi
Kokyuhō

Yokomenuchi

Ikkyo
Iriminage
Sumiotoshi

Ryote dori

(Suwariwaza)
Sitting kokyuhō

Ukemi

Gakyuhami Ikkyo (Omote and Ura)
Yokomenuchi Shionage
Shomenuchi Kotegashi
Shomenuchi Iriminage

Weapons

Boken

Shiogeru
Happogeri
8 Suburi

JYo

6 Kesa
6 Shomen
6 tsuki
Sansho part 1 both sides