

4 Kyu

tachi waza

katame waza

yokomen uchi dai ikkyo	omote & ura
katate dori dai nikyo	omote & ura
morote dori dai nikyo	omote & ura

nage waza

katate dori kokyū nage	
ryote dori Kōkyū nage	
ryote dori shihō nage	
yokomen uchi shihō nage	omote & ura
katate dori Irimi nage	chudan
katate dori kote gaeshi	ai-hanmi

suwari waza

ryote dori kokyū hō	
shōmen uchi dai ikkyō	omote & ura