4 kyu

migi hanmi no kamae

hidari hanmi no kamae

seidza ho

shikko ho (maia, ushiro, tenkan, irimi tenkan)

taino henko 1

taino henko 2

hiriki no yosei 1

hiriki no yosei 2

shumatsu dosa 1

shumatsu dosa 2

rendzoku dosa

ukemi:

zempo kaiten ukemi

koho kaiten ukemi 1

koho kaiten ukemi 2

zenpo hiyaku ukemi

kihon waza

shoumen uchi ikkajo osae 1, 2

katate mochi shihonage 1, 2

katate mochi nikajo osae 1, 2

shoumen uchi sankajo osae 1, 2

katate mochi sokumen irimi nage 1, 2

yokumen uchi shoumen irimi nage 1, 2

shoumen uchi yonkajo osae 1

shoumen uchi yonkajo osae 2

mune mochi hijishime 1

mune mochi hijishime 2

shoumen uchi kotegaeshi 1

shoumen uchi kotegaeshi 2

ryote mochi tenchi nage 1

ryote mochi tenchi nage 2

suw.waza kokyu ho 1