



4th Kyu

All tai sabaki from previous ranks

All ukemi from previous ranks
+ forward roll over 1 person

All attacks from previous ranks
+ Ryote dori and Ushiro ryote dori

Tachi waza

Tai no henko

Morote dori Kokyu ho

Kokyu nage

- Katate dori, 3 ways
- Gyakute dori ★
- Morote dori ★

Ikkyo

- Shomen uchi
- Katate dori
- Ryote dori
- Mune tsuki (ura waza only)
- Ushiro ryote dori ★

Nikyo

- Katate dori
- Kata dori
- Gyakute dori (ura waza only)
- Ryote dori ★
- Shomen uchi ★

Sankyo ★

- Shomen uchi

Irimi nage ★

- Mune tsuki
- Shomen uchi

Shiho nage

- Katate dori
- Ryote dori ★
- Yokomen uchi

Kote gaeshi

- Gyakute dori ★
- Mune tsuki
- Shomen uchi

Buki waza

Bokken

- 7 bokken suburi
- Happa giri (8 direction cut) ★
- Migi no awase (right side) ★
- Hidari no awase (left side) ★
- Go no awase (5th) ★
- Shichi no awase (7th) ★

Jo

- 31 Jo Kata ★
- 20 Jo suburi ★

Kokyu dosa