



Advanced Blue Belt, 4th Kyu

All tai sabaki from previous ranks

All ukemi from previous ranks + high falls

All attacks from previous ranks + Kata dori

Tachi waza

Tae no henko

Morote dori kokyu ho

Kokyu nage

- Katate dori, 3 ways
- Mune tsuki
- Shomen uchi
- Gyakute dori

Kote gaeshi

- Mune tsuki
- Shomen uchi
- Yokomen uchi

Shiho nage

- Katate dori
- Shomen uchi
- Yokomen uchi

Irimi nage

- Mune tsuki
- Shomen uchi

Ikkyo

- Katate dori
- Ryote dori
- Shomen uchi

Nikyo

- Gyakute dori (ura waza only)
- Katate dori ★
- Kata dori ★

Buki waza

7 bokken suburi

31 jo kata, 1–20 ★

Kokyu dosa