

4th Kyu Adult Grading Syllabus 2023.11

Body art minimum 80 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Iriminage

Katadori

1. Ikkyo
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Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Sumiotoshi
2. Techinage
3. Uchikaitenage
4. Shihonage

Ryotedori

1. Shihonage
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Techniques Tachiwaza (All through omote & ura)

Ai-hanmi Katatedori

1. Ikkyo through Sankyo
2. Iriminage
3. Kotegaeshi
4. Shihonage
5. Kokyunage
6. Kokyu-ho
7. Sumiotoshi
8. Kaitenage
9. Soto-Kaitenage

Gyakuhanmi Katatedori

1. Ikkyo through Sankyo
2. Iriminage
3. Kotegaeshi
4. Shihonage
5. Kokyunage and variations
6. Kokyu-ho

Ryotedori

1. Sumiotoshi
2. Tenchinage
3. Shihonage
4. Kokyu-ho
5. Kokyunage

Morotedori

1. Kokyunage
2. Kokyu-ho

Katadori

1. Ikkyo

Shomenuchi

1. Ikkyo through Sankyo
2. Iriminage
3. Kokyu-ho
4. Kotegaeshi

Yokomenuchi

1. Ikkyo through Sankyo
2. Iriminage

Ryotedori - Suwariwaza

Sitting Kokyu-ho

Weapons

Bokken

Shihogeri

Happogeri

8 Suburi (Chiba Sensei)

Jo

6 of 12 Kesa

6 of 12 Tsuki

6 of 12 Shomen

Sansho part 1 both sides