

Yonkyu

(4th Kyu)

Basics

So Tai B & C

Kihon Waza (one version)

Iriminage, Sokumen, Kotegaeshi

One additional version from Gokyu Kihon Waza

Combinations-

Push/Pull Set 1

Tsuki or Katate Mochi – *Kotegaeshi, Sokumen, Iriminage, Ushironage, Ikajo*

Freestyle-moving and stationary

Katate Mochi

Tsuki

Sankyu

(3rd Kyu) – **Cumulative**

Basics

Ashi Sabaki Form

Kihon Waza (one version)

Kaitenage, Udegarama

One additional version of Yonkyu Kihon Waza

Combinations-

Knife and Club Set 1

Shomen Uchi or Yokomen Outside – *Kotegaeshi, Udegarama, Kokyunage, Iriminage, Sankajo, Kaitenage*

Freestyle-moving and stationary

Katate Mochi

Tsuki

Shomen Uchi