

## Yonkyu

(4<sup>th</sup> 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*

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## Sankyu

(3<sup>rd</sup> Kyu) – Cumulative

### Basics

Ashi Sabaki Form

### Kihon Waza (one version)

*Kaitenage, Udegarame*

*One additional version of Yonkyu Kihon Waza*

### Combinations-

#### Knife and Club Set 1

#### Entry from Cover Set 1

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

### Freestyle-moving and stationary

*Katate Mochi*

*Tsuki*

*Shomen Uchi*