

4th Kyu Grading Guidelines
Min 80hrs + attendance of a course

Techniques (*All through omote & ura*)

Aihanmi Katatedori

Ikkyo
Nikyo
Sankyo
Iriminage (Jodan, chudan, gedan)
Kotegaeshi
Shihonage
Kiatenage
Sotokaitenage

Gyakuhanmi Katatedori

Ikkyo
Nikyo
Sankyo
Iriminage (Jodan, chudan, gedan)
Kotegaeshi
Shihonage (+ hanmi handachi)
Kokyunage (+ variations)
Kokyuhō

Ryotedori

Shihonage (+ hanmi handachi)
Tenchinage (not ura)
Kokyunage (+ variations)

Morotedori

Kokyunage
Ikkyo

Katadori (*suwari & tachiwaza*)

Ikkyo
Nikyo
Sankyo

Shomenuchi (*suwari & tachiwaza*)

Ikkyo
Nikyo
Sankyo
Iriminage
Kotegaeshi
Kokyuhō

Yokomenuchi

Ikkyo
Sumiotoshi
Tenchinage
Kokyunage

Ukemi

Gyakuhanmi Ikkyo
Yokomenuchi Shihonage
Shomenuchi Kotegaeshi, Iriminage

Ryote dori

Suwariwaza kokyuhō

Weapons (+5th Kyu)

Bokken

8 suburi suwariwaza
Nagashiuchi (jigata)

Jyo

20 suburi
6 of 12 Kesa
6 of 12 tsuki