

Jun-Yondan

(Monthly Grading Tests)

Shite only

1. Kata-mochi Yokomen-uchi Ikkajo-osae (1)(2)
2. Kata-mochi Yokomen-uchi Nikajo-osae (1)(2)
3. Kata-mochi Yokomen-uchi Sankajo-osae (1)(2)
4. Kata-mochi Yokomen-uchi Yonkajo-osae (1)(2)
5. Kata-mochi Yokomen-uchi Shiho-nage

6. Tanto-soho Renzoku

7. Tai-no-henko (1) Sankajo-dori
8. Tai-no-henko (2) Shiho-nage-dori
9. Hiriki-no-yosei (1) Hiji-shime ~ Kote-gaeshi
10. Hiriki-no-yosei (2) Yonkajo-dori
11. Shumatsu-dosa (1) Sumi-otoshi (ashi-gake)
12. Shumatsu-dosa (2) Sokumen Irimi-nage

13. Yokomen-shomen-geri Renzoku-waza

14. Shitei Jiyu-waza (one out of three)
 - Tanto-dori Jiyu-waza
 - Jo Jiyu-waza
 - Ken Jiyu-waza

15. Sannin-dori (tsuki)