

4th Kyu
(Monthly Grading Tests)

1	Migi-hanmi-Kamae
2	Hidari-hanmi-Kamae
3	Kamae-ni-yoru-Atemi – Sotai-dosa
4	Tai-no-henko (1) – Sotai-dosa
5	Tai-no-henko (2) – Sotai-dosa
6	Hiriki-no-yosei (1) – Sotai-dosa
7	Hiriki-no-yosei (2) – Sotai-dosa
8	Suwari-waza Katate-mochi Nikajo-osae (2)
9	Yokomen-uchi Yonkajo-osae (2)
10	Mune-mochi Hiji-shime (2)
11	Yokomen-uchi Shomen Irimi-nage (2)
12	Shomen-uchi Kote-gaeshi (2)
13	Ryote-mochi Hiji-ate Kokyu-nage (2)
14	Suwari-waza Ryote-mochi Kokyu-ho (2)
15	Shumatsu-dosa (1) – Sotai-dosa
16	Shumatsu-dosa (2) – Sotai-dosa
17	Shomen-zuki Renzoku-waza (Shomen-zuki: Shihonage-kuzushi, Ikkajo-nage, Nikajo-nage, Sankajo-nage, Kote-gaeshi)