

# 4<sup>th</sup> Kyu YONKYU

## Minimum training 60 hours and 3 months

### Tachiwaza

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|--------------|---|
| Katatetori   | 1. Tenchinage<br>2. Nikyo (omote & ura)   |
| Ryotetori    | 3. Iriminage<br>4. Shihonage (omote & ura)<br>5. Tenchinage<br>6. Udekimenage<br>7. Ikkyo (omote & ura)<br>8. Kokyunage |
| Katateyotari | 9. Kokyunage<br>10. Kotegaeshi  |
| Shomenuchi   | 11. Sankyo (omote & ura)<br>12. Uchikaitensankyo  |
| Yokomenuchi  | 13. Shihonage (omote & ura)<br>14. Iriminage<br>15. Kotegaeshi<br>16. Udekimenage                                       |
| Chudansuki   | 17. Iriminage<br>18. Kotegaeshi<br>19. Udekimenage<br>20. Uchikaitensankyo  |
| Jodansuki    | 21. Ikkyo (omote & ura)   |

### Suwariwaza

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|------------|--|
| Shomenuchi | 1. Nikyo (omote & ura)<br>2. Iriminage |
| Katatori   | 3. Ikkyo (omote & ura)                 |