

Yonkyu

(4th Kyu)

Basics

1. Ryusui Ichi
2. So Tai B & C

Kihon Waza (one version)

Iriminage, Sokumen, Kotegaeshi

One additional version from Gokyu Kihon Waza

Combinations

Tsuki/Katate Mochi – *Kotegaeshi, Sokumen, Iriminage, Ushironage, Ikajo*

Freestyle

Katate Mochi

Tsuki

Sankyu

(3rd Kyu) – Cumulative

Basics

1. Ryusui Ni
2. Ashi Sabaki Form

Kihon Waza (one version)

Kaitenage, Udegarame

One additional version of Yonkyu Kihon Waza

Combinations

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

Freestyle

Katate Mochi

Tsuki

Shomen Uchi