

4 KYU yonkyu



Krav: Minimum 40 träningspass
efter gradering till 5 Kyu

SUWARI WAZA

Mae shikko
Ushiro shikko

KATAME WAZA

Ikkyo (Ude osae)
Nikyo (Kote mawashi)
Sankyo (Kote hineri)

NAGE WAZA

Kote gaeshi
Shiho nage
Irimi nage
Tenchi nage
Uchi kaiten nage
Ude kime nage
Kokyu ho

TACHI WAZA

Försvarsteknik (Jigo no jutsu)

Ikkyo

Nikyo

Sankyo

Kote gaeshi

Shiho nage

Irimi nage

Tenchi nage

Uchi kaiten nage

Ude kime nage

Kokyu ho

SUWARI WAZA

Försvarsteknik (Jigo no jutsu)

Ikkyo

Nikyo

Irimi nage

Attackform (Kogekiho)

Gyaku hanmi katate dori
Kata dori

Gyaku hanmi katate dori
Kata dori

Ai hanmi katate dori
Ushiro ryote dori

Ai hanmi katate dori
Gyaku hanmi katate dori
Shomen uchi

Yokomen uchi

Gyaku hanmi katate dori

Ryote dori

Gyaku hanmi katate dori

Ai hanmi katate dori
Gyaku hanmi katate dori
Yokomen uchi

Ryote dori

Attackform (Kogekiho)

Shomen uchi

Ai hanmi katate dori

Shomen uchi