

Examen de 4 kyu - 120 heures et/ou 6 mois depuis 5 kyu



	tachi waza	suwari waza	hammi handachi waza
<b>ikkyo</b>	shomen uchi	shomen uchi	
	katate dori		
<b>nikkyo</b>	shomen uchi	shomen uchi	
	katate dori		
<b>tenchi nage</b>	ryote dori		
	katate dori		
<b>irimi nage</b>	shomen uchi	shomen uchi	shomen uchi
	katate dori		
	ai hammi katate dori		
<b>kote gaeshi</b>	shomen uchi	shomen uchi	shomen uchi
	katate dori		
	ai hammi katate dori		
<b>shiho nage</b>	katate dori		katate dori
	ai hammi katate dori		
	yokomen uchi		
<b>kantien nage</b>	katate dori		
<b>kokyu nage</b>	katate dori		
<b>kokyu ho</b>		seize - ryote dori	