

QUARTO KYU Minimo quattro mesi, 60 ore di allenamento e due stages

Tachiwaza	Katatetori <i>Ahianmi</i>	Nikyo <i>omote/ura</i>
	Katatetori <i>Ahianmi</i>	Uchikaitensankyo
	Katatetori <i>Ahianmi</i>	Udekimenage <i>omote/ura</i>
	Katatetori	Ikkyo <i>omote/ura</i>
	Katatetori	Nikyo <i>omote/ura</i>
	Katatetori	Udekimenage
	Katatetori	Sokumen Iriminage
	Katatori	Ikkyo <i>omote/ura</i>
	Katatori	Nikyo <i>omote/ura</i>
	Ryotetori	Shihonage <i>omote/ura</i>
	Ryotetori	Udekimenage
	Ryotetori	Tenchinage <i>omote/ura</i>
	Katateriyotetori	Kokyunage <i>omote/ura</i>
	Shomenuchi	Uchikaitensankyo
	Shomenuchi	Kotegaeshi
	Yokomenuchi	Shihonage <i>omote/ura</i>
Yokomenuchi	Udekimenage	
Chudantsuki	Iriminage	
Chudantsuki	Kotegaeshi	
Jodantsuki	Ikkyo <i>omote/ura</i>	
Ushirowaza	Ryotetori	Sankyo <i>omote/ura</i>
Suwariwaza	Shomenuchi	Nikyo <i>omote/ura</i>
	Shomenuchi	Iriminage