

4<sup>TH</sup> KYU 四級 (20 REQUIRED TECHNIQUES) ... Perform one side of technique.

I. KATATE-KOSA-TORI 片手交叉取

- KOKYU-NAGE 呼吸投 1. TOBIKOMI (G-A)  
KOTE-KAESHI 小手返 1. TOBIKOMI

II. KATATE-TORI 片手取

- KOKYU-NAGE 呼吸投 1. TEKUBI-TORI IRIMI (G-A)  
2. TEKUBI-KOSA-TORI IRIMI (G-A)  
3. TENCHI-NAGE IRIMI (G-B)  
4. UDE-OROSHI IRIMI (G-B)  
5. UDE-OROSHI TENKAN (G-B)

- SHIHO-NAGE 四方投 1. MICHIBIKI IRIMI  
2. TENKAN

- IKKYO 一教 1. MICHIBIKI IRIMI  
2. HANTAI TENKAN

III. KATA-TORI 肩取

- KOKYU-NAGE 呼吸投 1. HANTAI TENKAN (G-A) → c2h  
KOTE-KAESHI 小手返 1. HANTAI TENKAN → c2h

- IKKYO 一教 1. MICHIBIKI IRIMI → c2h  
2. HANTAI TENKAN → c2h

IV. SHOMEN-UCHI 正面打

- KOKYU-NAGE 呼吸投 1. TOBIKOMI (G-A)

V. YOKOMEN-UCHI 横面打

- KOKYU-NAGE 呼吸投 1. HANTAI TENKAN (G-A)  
SHIHO-NAGE 四方投 1. MICHIBIKI IRIMI  
2. HANTAI TENKAN

VI. SUWARI-WAZA 坐り技

- KOKYU-DOSA 呼吸動作 1. OSHI