

4th Kyu: 40 Days of Practice

Techniques:	Special	-
	Ukemi	High Fall: Irimi Nage
Suvari Waza	Shomen Uchi	Ikkyo
	Aihamni Kata Te dori	Irimi Nage
	Ryo Te dori	Kokyu ho
Tachi Waza	Shomen Uchi	Ikkyo Irimi Nage
	Gyakuhanmi Kata Te dori	Ikkyo Nikkyo Kaiten Nage Uchi Sokumen Irimi Nage
	Aihamni Kata Te dori	Sankyo Shiho Nage Kote Gaeshi Udekime Nage
	Randori (Qualities)	Passing
	Weapons	Aikijo Suburi 1-10 li & re

