

4° Kyu (Fa i x a r o x a)		
1.	Suwari-waza shomen-uti dai-itikyo omote	TF
2.	Suwari-waza shomen-uti dai-itikyo ura	TF
3.	Kata-sode tori dai-nikyo omote	TS
4.	Kata-sode tori dai-nikyo ura	TS
5.	Kata-dori dai-sankyo omote	TF
6.	Kata-dori dai-sankyo ura	TF
7.	Gyakuhanmi katate–tori dai-yonkyo omote	TS
8.	Gyakuhanmi katate–tori dai-yonkyo ura	TS
9.	Gyakuhanmi katate–tori irimi-nague omote	TF
10.	Gyakuhanmi katate–tori irimi-nague ura	TF
11.	Gyakuhanmi katate–tori shiho-nague omote	TS
12.	Gyakuhanmi katate–tori shiho-nague ura	TS
13.	Tati-waza kokyuho	TS