

**4<sup>th</sup> Kyu**  
(Monthly Grading Tests)

<b>1</b>	<b>Migi-hanmi-Kamae &amp; Hidari-hanmi-Kamae</b>
<b>2</b>	<b>Kamae-niyoru-Atemi Sotai-dosa (Tateken)</b>
<b>3</b>	<b>Ken-soho Shumatsu-dosa (1)(2)</b>
<b>4</b>	<b>Kento-Uraken Sotai-dosa</b>
<b>5</b>	<b>Kata-oshi/Body-push Shiho-nage</b>
<b>6</b>	<b>Kento-Uraken Shiho-nage</b>
<b>7</b>	<b>Shomen-zuki Renzoku-waza</b> 1)Shiho-nage 2)Ikkajo-nage 3)Nikajo-nage 4)Sankajo-nage 5)Kote-gaeshi