

4 ème KYU



TACHI WAZA

Ryotedori Tenchinage Omote/Ura

Ryotedori Iriminage

Ryotedori Shihonage Omote/Ura

Katadori Nikyo Omote/Ura

Katadori Sankyo Omote/Ura

Katadori Koshinage

Aihanmi katatedori Iriminage

Aihanmi katatedori Nikyo Omote/Ura

Katate ryotedori kokyunage

kokyo