

4 MON

Grade
Belt
Ukemi
Tachi-waza
Osae-komi-waza
Performance
Combination
Ne-waza
Kumi-kata
Personal Choice
Translation and terminology

3rd to 4th Mon
Mae Mawari Ukemi (version II)
Tai-otoshi
Yoko-shiho-gatame
Tai-otoshi into Yoko-shiho-gatame
Escape from Yoko-shiho-gatame using trap, bridge and roll
Turnover into Yoko-shiho-gatame (Uke on all fours)
Right/ left standard grips
Demonstrate two tachi-waza and one osae-komi-waza
Above only

3rd to 4th Mon
Forward rolling breakfall (over a partner on all fours)
Body drop
Side four quarters hold
Demonstrate left and right handed sleeve and lapel grips and stance
Techniques must be named
Above only