Grade	3rd to 4th Mon	3rd to 4th Mon
Belt	I	I
Ukemi	Mae Mawari Ukemi II	Forward rolling breakfall
Tachi-waza	Tai-otoshi	Hand throw body drop
Osae-komi-waza	Yoko-shiho-gatame	Side four quarters hold
Performance		
Combination	Tai-otoshi into Yoko-shiho-gatame	
Ne-waza	Escape from Yoko-shiho-gatame using trap, bridge and roll	
	Turnover into Yoko-shiho-gatame (Uke prone)	
Kumi-kata	Right/ left standard grips	
Personal Choice	Two tachi-waza and one osae-komi-waza	
Translation and terminology	Above only	Above only