

Yonkyu Requirements

Rolls & Falls:

Chugaeri:

- Kneeling Forward Roll
- Kneeling Shoulder Roll
- Kneeling Back Roll
- Standing Shoulder Roll
- Standing Back Roll

Ukemi:

- Kneeling Face Fall
- Standing Face Fall
- Rolling Flat Fall
- Rolling Back Fall
- Crouching Back Fall
- Standing Back Fall
- Crouching Side Fall

Sutemi:

- Shoulder Flat Fall
- Straight Over

Yawara (all)

Nage (all)

Shime (all)

Seven Basic Kappo

Written Exam

Oral Vocabulary Exam