

4TH KYU - MIDORI OBI

<u>Fitness</u> 25 x Press Ups 25 x Sit Ups 25 x Leg Raises 25 x Burpees This is a basic fitness requirement and is likely to be repeated during the candidate's grading.	<u>Tanjun Nage Waza</u> <u>Basic Throws</u> As previous belt plus... 4 x 4 Full Shoulder 4 x 4 Sweeping Loin 4 x 4 Dropping Hip 4 x 4 Neck Throw	<u>Bujutsu</u> <u>Weapon Techniques</u> Tonfa Kata: 1) Pitch Fork Block and Strike. 2) Leg Hook and Leg Lock. 3) Elbow Hook and Back Hammer Lock. 4) Neck Lock and Take Down.
<u>Kaeshi Shime Waza</u> <u>Counter Strangle</u> 1) Body Drop and Kneeling Arm Bar. 2) Inside Hock and Leg Lock. 3) Sweeping Loin and Spine Lock.	<u>Nage Waza</u> <u>Throwing Techniques</u> Full Shoulder: 1) Shoulder Press. 2) Tricep Press. 3) Kneeling Back Hammer Lock.	<u>Nage Waza</u> <u>Throwing Techniques</u> Sweeping Loin: 1) Spine Lock. 2) Fig 4 and Neck Lock. 3) As above + Back Hammer Lock and Shoulder Separation.
<u>Nage Waza</u> <u>Throwing Techniques</u> Dropping Hip Throw 1) Jaw & Neck Lock 2) Kneeling Spine Lock Neck Throw: 1) Neck Pin & Arm Bar. 2) Turnover + Reverse Neck Pin & Arm Bar.	<u>Jimen deno Geri Bogyo</u> <u>Defend Kick To Head</u> 1) Leg Lock 2) Ankle Break 3) Roll & Strikes 4) Knee Break	<u>Ne Waza</u> <u>Grappling Techniques</u> Defend The Mount: Defend Punches from The Mount: Parry & Neck Lock Defend Strangle from Full Guard: Arm Collapse, Rollover & Shoulder Hold

Grading Examination

There is no minimum classroom attendance required for this grading.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.