

# 4TH KYU - MIDORI OBI

## Fitness

- 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.

## Tanjun Nage Waza

- As previous belt plus...
- 4 x 4 Full Shoulder
  - 4 x 4 Sweeping Loin
  - 4 x 4 Dropping Hip
  - 4 x 4 Neck Throw

## Bujutsu

### **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.

## Kaeshi Shime Waza

- 1) Body Drop and Kneeling Arm Bar.
- 2) Inside Hock and Leg Lock.
- 3) Sweeping Loin and Spine Lock.

## Seoi Nage

### **Full Shoulder:**

- 1) Shoulder Press.
- 2) Tricep Press.
- 3) Kneeling Back Hammer Lock.

## Harai Goshi

### **Sweeping Loin:**

- 1) Spine Lock.
- 2) Fig 4 and Neck Lock.
- 3) As above + Back Hammer Lock and Shoulder Separation.

## Sutemi O-Goshi

### **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

## Jimen deno Geri

### Bogyo

### **Defend Kick To Head:**

- 1) Leg Lock
- 2) Ankle Break
- 3) Roll & Strikes
- 4) Knee Break

## Ne Waza

### **Defend The Mount:**

### **Defend Punches from The Mount:**

Parry & Neck Lock

### **Defend Strangle from**

### **Full Guard:**

Arm Collapse, Rollover & Shoulder Hold

## Grading Examination

Revision 13: 30/08/2025

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.