

Current Rank: Gokyu (5th kyu)

YONKYU (4th Level White Belt) Requirements

Seven Virtues of Bushido

Benevolence • Politeness • Courage • Justice • Honor • Veracity • Loyalty

AIKIDO

- | | |
|--|----------------------------------|
| <input type="checkbox"/> Shomen-uchi – Irimi-nage | Hombu/Modern/Ikkajo, Omote & Ura |
| <input type="checkbox"/> Katate Mochi – Shiho-nage | Omote & Ura |
| <input type="checkbox"/> Katate Mochi – Sokumen Irimi-nage | |
| <input type="checkbox"/> Shomen-uchi – Ikkajo – Osae | Omote & Ura |
| <input type="checkbox"/> Shomen-uchi – Sankajo – Osae | Omote & Ura |
| <input type="checkbox"/> Kokyu-ho | |
| <input type="checkbox"/> Yokomen-uchi – Shiho-nage | |
| <input type="checkbox"/> Kata Mochi – Ikkajo – Osae | |
| <input type="checkbox"/> Katate Mochi – Nikajo – Osae | |
| <input type="checkbox"/> Mune Mochi – Nikajo – Osae | |
| <input type="checkbox"/> Ryote Mochi – Tenshi-nage | Omote & Ura |

TENSHI-NAGE

- Outside Wrist
- Cross Wrist
- 2-on-1 Wrist
- Sleeve Hold (Rear)
- Front Choke
- Straight Lapel Hold

JO

- Ju-san Kata

BOKKEN / JO

- Kata 1
- Kata 2

EISHIN RYU (Seiza No Bu)

- Kata 1
- Kata 2
- Kata 3
- Kata 4

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JO / BOKKEN KATA

Kata 1

UKE (Bokken)

1. Strikes shomenuchi
2. Strike to wrist

TORI (Jo)

1. Side step R block (Overhead block, L foot fwd)
 2. Strike to head (Yokomunchi) (Step fwd w/R)
 3. Block, PUSH bokken to the –thrust w/slide step forward.
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Kata 2

UKE (Bokken)

1. Strikes yokomunuchi
2. Strikes shomenuchi

TORI (Jo)

1. Side back, parry bokken to Right.
2. Block, Step fwd w/Left foot
3. Osoto-geri w/jo
4. Hold down opp. Bokken w/Jo