

# 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