

# Yonkyu

<p><b><u>Uke waza</u></b></p> <p>Front Jam Side Jam</p> <p><b><u>Sticks</u></b></p> <p>Strike/Block 1 Strike/Block 2 Strike/Block 3 Strike/Block 4 Strike/Block 5 Forearm Block/Strike 6 Triangle Block Fake Strike Behind Head Strike Heaven Standard Earth Stick Form Stick Pattern 1 Snaking Stick Grab</p>	<p><b><u>Yawara</u></b></p> <p>Katate Tori Gyaku Katate Tori Kote Maki Tori Ude Gatame Shigarami Hammer Lock Goose Neck</p> <p>Escapes Control (Front,Side,Back)</p> <p><b><u>Drills</u></b></p> <p>Static Arm Fluidity Tappy Tap 2 Count 6 Count One for One (L 3)</p>	<p><b><u>School Mottos</u></b></p> <p>“Be wise as serpents and harmless as doves”</p> <p>“We don’t train to be the best, we train to beat the best”</p> <p><b><u>Theories</u></b></p> <p>Circles Sliding Cue Ball</p>
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Student must know techniques and have completed min. 52 classes in order to be scheduled to test. The test consists of technique review and 30 minutes of continuous sparring.