NAF 4th kyu (min. 50 days of practice)

Tandoku doza

- hidari kamae
- migi kamae
- torri fune
- furi tama
- mae ukemi
- ushiro ukemi
- shikko
- kaiten
- irimi
- tenkan
- irimi tenkan
- sokumen

Suwari waza

- shomen uchi ikkyo
- shomen uchi nikyo
- shomen uchi sankyo
- shomen uchi yonkyo
- shomen uchi irimi nage

- kata dori ikkyo
- kata dori nikyo

- ryote dori kokyu ho

Tachi waza

- shomen uchi ikkyo
- shomen uchi nikyo
- shomen uchi sankyo
- shomen uchi yonkyo
- shomen uchi irimi nage
- shomen uchi kote gaeshi

- yokomen uchi ikkyo
- yokomen uchi irimi nage

- katate dori ikkyo
- katate dori nikyo
- katate dori kokyu ho
- katate dori shiho nage
- katate dori irimi nage
- katate dori kote gaeshi
- katate dori (uchi) kaiten nage
- katate dori tenchi nage
- katate dori sumi otoshi
- katate dori kokyu nage

- ryote dori tenchi nage
- ryote dori sumi otoshi
- ryote dori shiho nage

- kata dori ikkyo
- kata dori nikyo

NAF 4th kyu (min. 50 days of practice)

- katate dori ai hanmi ikkyo
- katate dori ai hanmi nikyo
- katate dori ai hanmi irimi nage

- morote dori kokyu ho
- morote dori kokyu nage

- tsuki irimi nage
- tsuki kote gaeshi