

KANO JIU JITSU

4th DAN SYLLABUS

YONDAN

HEIAN SANDAN (3rd LEVEL OF THE PEACEFUL MIND)

HEIAN YONDAN (4th LEVEL OF THE PEACEFUL MIND)

HEIAN GODAN (5th LEVEL OF THE PEACEFUL MIND)

BO SHOBU KATA NI (2nd FORM OF TRUE STAFF COMBAT)

SEITEI IAI (SWORD DRAWING FORMS)

JU SHIN NO KATA (FORMS OF THE PLIABLE MIND)

SEIRYOKU ZENYO KOKUMIN TAIKU NO KATA (FORMS OF NATIONAL PHYSICAL EDUCATION
BASED ON THE PRINCIPAL OF MAXIMUM EFFICIENCY)

MENKYO KAIDEN (MASTER OF ALL ARTS - TEACHING DEGREE)