

### 3 KYU

#### TACHIWAZA:

AIHANMI KATATEDORI

KOSHI-NAGE

GYAKUHANMI KATATEDORI

KOSHI-NAGE

UCHIKAITEN NAGE (omote, ura)

SOTOKAITEN NAGE (omote, ura)

SOTOKAITEN OSAE

RYOTEDORI

IKKYO (omote, ura)

NIKYO (omote, ura)

SANKYO (omote, ura)

IRIMI-NAGE

SHIHO-NAGE (omote, ura)

KOTE-GAESHI

TENCHI-NAGE

KOKYU-NAGE (3 erinevat)

KOKYU-HO

YOKOMEN-UCHI

IKKYO (omote, ura)

NIKYO (omote, ura)

SANKYO (omote, ura)

YONKYO (omote, ura)

UDEKIME-NAGE

IRIMI-NAGE

KOTE-GAESHI

SHOMEN-UCHI

SHIHO-NAGE (omote, ura)

UCHIKAITEN NAGE (omote, ura)

SOTOKAITEN SANKYO

#### SUWARIWAZA:

KATADORI

NIKYO (omote, ura)

SANKYO (omote, ura)

SHOMEN-UCHI

NIKYO (omote, ura)

SANKYO (omote, ura)

YONKYO (omote, ura)

YOKOMEN-UCHI

IKKYO (omote, ura)

NIKYO (omote, ura)

IRIMI-NAGE

#### JIYUWAZA:

KATATEDORI