

## **3<sup>er</sup> KYU**

- **TACHIWAZA:**

- 1- SOMENUCHI YONKIO – OMOTE / URA
- 2 - SOMENUCHI GOKYU
- 3 - YOKOMENUCHI IKKYO – OMOTE / URA
- 4 - YOKOMENUCHI UCHIKAITEN SANKYO
- 5 - CHUDANTSUKY SOTOKAITENNAGE
- 6 - CHUDANTSUKY UCHIKAITEN SANKYO
- 7 - JODANTSUKY SHIHONAGE
- 8 - JODANTSUKY KOTEGAESHI
- 9 - KATATEDORI UCHIKAITENNAGE
- 10 - KATATEDORI SANKYO – OMOTE / URA
- 11 - KATATEDORI YONKIO – OMOTE / URA
- 12 - KATATERYOTEDORI IKKYO – OMOTE / URA
- 13 - KATATERYOTEDORI NIKYO
- 14 - KATATERYOTEDORI KOTEGAESHI
- 15 - RYOTEDORY IRIMINAGE
- 16 - RYOTEDORI KOTEGAESHI
- 17 - RYOTEDORY KOKYUNAGE

- **USHIROWAZA :**

- 18 - RYOTEDORY IKKYO – OMOTE / URA
- 19 - RYOTEDORI KOTEGAESHI
- 20 - RYOTEDORI SHIHONAGE
- 21 - RYOTEDORI IRIMINAGE

- **SUWARIWAZA:**

- 22 - SHOMENUCHI IRIMINAGE
- 23 - SHOMENUCHI KOTEGAESHI
- 24 - SHOMENUCHI SANKYO – OMOTE / URA
- 25 - KATADORI NIKYO – OMOTE / URA
- 26 - KATADORI SANKYO – OMOTE / URA