

# 3° KYU

## TACHIWAZA

SHOMENUCHI : YONKYO (O-U), GOKYO.

YOKOMENUCHI : IKKYO (O-U), UCHIKAITEN SANKYO.

CHUDANTSUKI : SOTOKAITENNAGE, UCHIKAITEN SANKYO.

JODANTSUKI : SHIHONAGE, KOTEGAESHI.

KATATEDORI : SANKYO (O-U), YONKYO (O-U), UCHIKAITENNAGE.

KATATERYOTEDORI : IKKYO (O-U) NIKYO (O-U).

RYOTEDORI : IRIMINAGE, KOTEGAESHI, KOKYUNAGE.

## USHIROWAZA

RYOTEDORI : IKKYO, HIJIKIMEOSAE, KOTEGAESHI, IRIMINAGE, SHIHONAGE.

## SUWARIWAZA

SHOMENUCHI : SANKYO, IRIMINAGE, KOTEGAESHI.

KATADORI : SANKYO.