

# 3 KYU

## SUWARI WAZA

Kiawase - Shomen Uchi

Iriminage	( Nage + Osae )
Kotegaeshi	" "
Ikkyo	" "

## TACHI WAZA

Shomen Uchi

(1) Sumiotoshi Aikigoshi Aikiotoshi ( Maeotoshi )
(2) Kotegaeshi Iriminage Shihoonage

Chudan Tsuki

Kotegaeshi
------------

Katatedori Aihanmi

(1) Ikkyo bis Yonkyo ( Tenshinsabaki )
(2) Jiyuwaza

## USHIRO WAZA

Ushiro Ryotedori

Ikkyo ( Omote )
Nikyo ( Ura )
Sankyo ( Omote )
Kokyunage

## TACHI WAZA

Katateriyotedori

Genkei Kokyunage
------------------

## SANKYO UND UCHIKAITEN SANKYO

Shomen Uchi

Sankyo Uchikaiten Sankyo
-----------------------------

Katatedori Aihanmi

Sankyo Uchikaiten Sankyo
-----------------------------

Katatedori  
Gyakuhanmi

Sankyo Uchikaiten Sankyo
-----------------------------

## HANMI HANTACHI WAZA

Katatedori Gyakuhanmi

Shihoonage
------------

## TACHI WAZA

Yokomen Uchi

Shihoonage ( Kakari Geiko )
-----------------------------