

3rd Kyu grading Body art 100 hrs

Aihami

Ikkyo
Nikkyo
Sankyo
Yonkyo
Iriminage
Kotegashi
Shionage
Jujinage
Sumiotoshi
Sotokaitenage
Koshinage

Gakyuhami

Ikkyo
Nikkyo
Sankyo
Iriminage
Kotegashi
Shionage
Uchikaitenage
Sotokaitenage
Sumiotoshi
Tenchinage
Koshinage
Kokyunage

(Hanmihandachi)

Shionage
Kaitenage
Sumiotoshi
Koshinage

Royotedori

Shionage
Tenchinage
Iriminage
Kokyunage
Kotegashi
Koshinage

(Hanmihandachi)
Shionage

Myrotedori

Ikkyo
Nikkyo
Iriminage
Kokyunage

Katadori

Ikkyo
Nikkyo
Sankyo
Yonkyo
Shionage
Kotegashi

Shomenuchi (Suwariwaza & Tachiwaza)

Ikkyo
Nikkyo
Sankyo
Yonkyo
Iriminage
Kotegashi
Kaitenage
Shionage

Yokemenuchi
(Suwariwaza)

Tsuki

Ryotemochi Ryotedori
(Ushiro & Ryokata)

Kokyunage

(Tachiwaza)

Ikkyo
Nikkyo
Sankyo
Yonkyo
Iriminage
Kotegashi
Jujinage

Ikkyo
Nikkyo
Sankyo
Kotegashi

Kokyunage
Ikkyo

Ukemi

Yokomenuchi Shionage
Gakyuhami Ikkyo
Shomenuchi Iriminage
Shomenuchi Kotegashi

Weapons

Bokken

Shiogeru & Happogeru
7 Suburi
8 Suburi

Jyo

20 Suburi
12 Kesa, 6 of Tsuki & 6 of Shomen
Sansho 1 part 1

Ryote Dori

Sitting Kokyunage