

UP TO GREEN BELT / 3rd KYU

Plus selected techniques and exercises from previous belts

Techniques

Ai hanmi katate dori:

Sumiotoshi
Tenchinage
Kokkyu nage (variations)

Gyaku hanmi katate dori:

Koshinage
Kokkyu nage (variations)

Shomenuchi:

Uchikaiten nage
Sumiotoshi
Tenchinage
Kotegaeshi
Kaiten nage

Yokomenuchi:

Iriminage
Kotegaeshi
Kokkyu ho

Ryote dori:

Kotegaeshi
Iriminage

Ryotemochi-ryote dori ushiro

Ikkyo
Kokkyu nage

Suwari waza Shomenuchi:

Kokkyu ho
Kotegaeshi

Hanmi handachi Gyaku hanmi:

Uchikaiten nage
Sumiotoshi
Tenchinage

Weapons

Plus selected exercises from previous grades

Bokken

Nos 1- 8 Suburi

Jo

Nos 1 – 20 Suburi