

3rd Kyu: 50 Days of Practice

Techniques:	Special	-
	Ukemi	High Fall: Kote Gaeshi Shiho Nage Tenchi Nage
Suwaru Waza	Shomen Uchi	Ikkyo Kote Gaeshi
	Kata dori	Nikkyo
	Gyakuhanmi Kata Te dori	Sankyo
	Ryo Te dori	Kokyu ho
Hanmi Handachi	Gyakuhanmi Kata Te dori	Shiho Nage
Tachi Waza	Shomen Uchi	Ikkyo Kote Gaeshi
	Gyakuhanmi Kata Te dori	Sankyo Kaiten Nage Soto Kaiten Nage Uchi
	Kata dori	Ikkyo Nikkyo Sankyo
	Aihanmi Kata Te dori	Yonkyo
	Yokomen Uchi	Shiho Nage
	Ryo Te dori	Ikkyo Shiho Nage Tenchi Nage
	Ushiro Ryo Te dori	Ikkyo Shiho Nage Irimi Nage Kote Gaeshi Udekime Nage
	Katate Ryo Te dori (Moro Te dori)	Ikkyo Kote Gaeshi Kokyu Nage Udekime Nage Sokumen Irimi Nage
	Chudan Tsuki	Irimi Nage
	Randori (Qualities)	Guiding & Connecting
	Weapons	Aikiken 5-7 li. & re. mit Uke