

3rd Kyu Grading Guidelines

100 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Kotegaeshi
7. Kaitenage
8. Shihonage

Ryotedori

1. Kokyuhō

Katadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kotegaeshi

Yokomenuchi

1. Kokyunage

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Sumiotoshi
2. Tenchinage

Ryotedori

1. Shihonage

Techniques Tachiwaza (All through omote & ura)

Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Kotegaeshi
7. Shihonage
8. Uchikaitenage
9. Sotokaitenage
10. Kokyunage
11. Kokyuhō
12. Koshinage
13. Kaitenage
14. Reversed Kotegaeshi
15. Sumiotoshi
16. Tenchinage

Katadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Shihonage
6. Kotegaeshi

Aihanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Kotegaeshi
7. Shihonage
8. Jujinage
9. Sumiotoshi
10. Sotokaitenage
11. Koshinage
12. Kokyuhō

Ryotedori

1. Shihonage
2. Tenchinage
3. Iriminage
4. Kokyunage
5. Kotegaeshi
6. Koshinage
7. Kokyuhō

AIKIKAI O SEN KAN DORNBIRN

Morotedori

1. Ikkyo
2. Nikyo
3. Iriminage
4. Kokyunage

Yokomenuchi

1. Kotegaeshi
2. Jujinage
3. Ikkyo
4. Nikyo
5. Sankyo
6. Yonkyo
7. Iriminage
8. Kokyunage

Ushiro Ryotedori

1. Ikkyo
2. Nikyo
3. Kokyunage

Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Kotegaeshi
7. Kaitenage
8. Shihonage

Tsuki

1. Ikkyo
2. Nikyo
3. Sankyo
4. Kotegaeshi

Ushiro Ryokatadori

1. Ikkyo
2. Sankyo

Weapons (+4th Kyu)

Bokken

1. 8 Suburi Suwariwaza (Chiba Sensei)
2. 8 Suburi (Chiba Sensei)
3. Kiri-Kaeshi Nr. 1 - Nagashi-Ushi
4. Kiri-Kaeshi Nr. 2 - Suriotoshi

Tanto (Tsuki attack)

1. Kotegaeshi
2. Kokyuho (variation)

Jo

1. 20 Jo Suburi (Saito Sensei)
2. 8 of 12 Kesa
3. 8 of 12 Tsuki
4. 8 of 12 Shomen
5. 1st part of Sansho I

Ukemi

Gyakuhanmi Kokyuho
Yokomenuchi Shihonage

Shomenuchi Kokyunage
Shomenuchi Iriminage

More

Some of these techniques will also be asked through Ushiro tenkan.