

Examen de 3 kyu - 170 heures et/ou 8 mois depuis 4 kyu



	tachi waza	suwari waza	hammi handachi waza
<b>ikkyo</b>	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		
	kata dori	kata dori	
<b>nikkyo</b>	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		
	kata dori	kata dori	
<b>sankyo</b>	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		
	kata dori	kata dori	
<b>tenchi nage</b>	katate dori		
	ryote dori		
	kata dori men uchi		
<b>irimi nage</b>	shomen uchi	shomen uchi	shomen uchi
	yokomen uchi	yokomen uchi	yokomen uchi
	katate dori		
	kata dori		
	ryote dori		
	tsuki		
<b>kote gaeshi</b>	shomen uchi	shomen uchi	shomen uchi
	yokomen uchi	yokomen uchi	yokomen uchi
	katate dori		katate dori
	kata dori		
	ryote dori		ryote dori
	ai hammi katate dori		ai hammi katate dori
	tsuki		
<b>shiho nage</b>	shomen uchi		shomen uchi
	yokomen uchi		yokomen uchi
	katate dori		katate dori
	ryote dori		ryote dori
	ai hammi katate dori		ai hammi katate dori

	tachi waza	suwari waza	hammi handachi waza
<b>kantien nage</b>	katate dori		katate dori
	kata dori		
<b>kokyu nage</b>	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		katate dori
	ryote dori		ryote dori
<b>kokyu ho</b>		seize - ryote dori	
<b>ude garami</b>	katate dori		
<b>ude kime nage</b>	ai hammi katate dori		