

3 Kyu

tachi waza

katame waza

muna dori	dai ikkyo
kata dori	dai nikyo
katate dori	dai sankyo
shomen uchi	dai sankyo

nage waza

yokomen uchi	kokyu nage
sode dori	kokyu nage
shomen uchi	shiho nage
morote dori	shiho nage
muna dori	irimi nage
chudan tsuki	irimi nage
shomen uchi	kote gaeshi
chudan tsuki	kote gaeshi

suwari waza

morote dori	kokyu ho
kata dori	dai ikkyo
shomen uchi	dai nikyo