

### 3rd Kyu

Ai Katate Dori	Ikkyo
Ai Katate Dori	Nikkyo
Ai Katate Dori	Kote Gaeshi
Ai Katate Dori	Irimi Nage
Ai Katate Dori	Shiho Nage
Ai Katate Dori	Sokumen
Ai Katate Dori	Kokyunage
Ai Katate Dori	Sankyo
Ai Katate Dori	Yonkyo
Ai Katate Dori	Mai Otoshi
Ai Katate Dori	Tenchinage
Suwari-Waza Ai Katate Dori	Ikkyo
Suwari-Waza Ai Katate Dori	Nikkyo
Suwari-Waza Ai Katate Dori	Kote Gaeshi
Suwari-Waza Ai Katate Dori	Irimi Nage
Gyaku Katate Dori	Shiho Nage
Gyaku Katate Dori	Sokumen
Gyaku Katate Dori	Kokyunage
Gyaku Katate Dori	Sumi Otoshi
Gyaku Katate Dori	Tenchinage
Gyaku Katate Dori	Sankyo
Gyaku Katate Dori	Yonkyo
Gyaku Katate Dori	Mai Otoshi
Suwari-Waza Gyaku Katate Dori	Ikkyo
Suwari-Waza Gyaku Katate Dori	Nikkyo
Suwari-Waza Gyaku Katate Dori	Irimi Nage
Suwari-Waza Gyaku Katate Dori	Sokumen
Shomenuchi	Ikkyo
Shomenuchi	Nikkyo
Shomenuchi	Kote Gaeshi
Shomenuchi	Irimi Nage
Shomenuchi	Shiho Nage
Shomenuchi	Sokumen
Shomenuchi	Kokyunage
Shomenuchi	Sumi Otoshi
Shomenuchi	Tenchinage
Shomenuchi	Sankyo
Shomenuchi	Yonkyo
Shomenuchi	Mai Otoshi
Suwari-Waza Shomenuchi	Ikkyo
Suwari-Waza Shomenuchi	Nikkyo
Suwari-Waza Shomenuchi	Kote Gaeshi
Suwari-Waza Shomenuchi	Irimi Nage
Suwari-Waza Shomenuchi	Sankyo
Suwari-Waza Shomenuchi	Yonkyo
Suwari-Waza Shomenuchi	Mai Otoshi
Yokomenuchi	Ikkyo
Yokomenuchi	Nikkyo
Yokomenuchi	Kote Gaeshi
Yokomenuchi	Irimi Nage
Yokomenuchi	Shiho Nage
Yokomenuchi	Sokumen

### 3rd Kyu

Yokomenuchi	Kokyunage
Yokomenuchi	Mai Otoshi
Yokomenuchi	Sumi Otoshi
Yokomenuchi	Tenchinage
Suwari-Waza Yokomenuchi	Ikkyo
Suwari-Waza Yokomenuchi	Nikkyo
Suwari-Waza Yokomenuchi	Irimi Nage
Chudan Tsuki	Kote Gaeshi
Chudan Tsuki	Irimi Nage
Chudan Tsuki	Sokumen
Chudan Tsuki	Sumi Otoshi
Chudan Tsuki	Tenchinage
Chudan Tsuki	Mai Otoshi
Chudan Tsuki	Shihonage
Ryote Dori	Ikkyo
Ryote Dori	Nikkyo
Ryote Dori	Kote Gaeshi
Ryote Dori	Irimi Nage
Ryote Dori	Shiho Nage
Ryote Dori	Sokumen
Ryote Dori	Kokyunage
Ryote Dori	Sumi Otoshi
Ryote Dori	Tenchinage
Ryote Dori	Sankyo
Ryote Dori	Yonkyo
Ryote Dori	Mai Otoshi
Suwari-Waza Ryote Dori	Ikkyo
Suwari-Waza Ryote Dori	Nikkyo
Suwari-Waza Ryote Dori	Irimi Nage
Suwari-Waza Ryote Dori	Yonkyo
Ushiro Ryote Dori	Ikkyo
Ushiro Ryote Dori	Kote Gaeshi
Ushiro Ryote Dori	Shiho Nage
Ushiro Ryote Dori	Sokumen
Ushiro Ryote Dori	Kokyunage
Ushiro Ryote Dori	Sankyo
Ushiro Ryote Dori	Nikkyo
Kata Dori	Ikkyo
Kata Dori	Nikkyo
Kata Dori	Sokumen
Kata Dori	Kokyunage
Kata Dori	Yonkyo
Kata Dori	Shihonage
Kata Dori	Mai Otoshi
Suwari-Waza Kata Dori	Ikkyo
Suwari-Waza Kata Dori	Nikkyo
Ushiro Ryo Kata Dori	Ikkyo
Ushiro Ryo Kata Dori	Sokumen
Ushiro Ryo Kata Dori	Kokyunage
Ushiro Ryo Kata Dori	Sankyo
Kata Dori Shomenuchi	Ikkyo
Kata Dori Shomenuchi	Nikkyo

3rd Kyu

Kata Dori Shomenuchi	Irimi Nage
Kata Dori Shomenuchi	Shiho Nage
Kata Dori Shomenuchi	Sumi Otoshi
Tanto Dori-Chudan Tsuki	Kokyunage
Tanto Dori-Yokomenuchi	Shiho Nage
Tanto Dori-Jodan Tsuki	Hiji Shime