



3rd Kyu

All tai sabaki and ukemi from previous ranks
All attacks from previous ranks + Ryokata dori,
Ushiro ryokata dori, and Kubi shime

Tachi Waza

Tai no henko

Morote dori kokyu ho

Kokyu nage

- Katate dori, 3ways
- Gyakute dori
- Morote dori

Ikkyo

- Shomen uchi
- Katate dori
- Ryote dori
- Mune tsuki (ura waza only)

Nikyo

- Katate dori
- Gyakute dori (ura waza only)
- Ryote dori
- Kata dori
- Shomen uchi

Sankyo

- Shomen uchi

Yonkyo

- Shomen uchi

Irimi nage

- Katate dori, low / middle / high
- Mune tsuki
- Shomen uchi

Shiho nage

- Katate dori
- Ryote dori

- Shomen uchi

- Yokomen uchi

Kote gaeshi

- Katate dori
- Gyakute dori
- Mune tsuki
- Shomen uchi

Tenshi nage ★

- Ryote dori

Koshi nage ★

- Katate dori
- Ryote dori
- Mune tsuki

Ushiro ★

- Ushiro ryote dori, 2 techniques
- Ushiro ryokata dori, 2 techniques
- Kubi shime, 2 techniques

Buki waza

Bokken

- All solo bokken practices from previous ranks
- Ki musubi no tachi ★
- Kumi tachi, 1 and 2 ★

Jo

- All solo jo practices from previous ranks
- 13 Jo Kata ★
- Kumi jo, 1 and 2 ★

Ken Tai Jo, 1 and 2 ★

Jiyu waza (freestyle) ★

1 person attack, various techniques

Kokyu dosa