



## Purple Belt, 3rd Kyu

*All tai sabaki, ukemi and attacks from previous ranks*

### **Tachi waza**

Tae no henko

Morote dori kokyu ho

Kokyu nage

- Katate dori, 3 ways

- Mune tsuki

- Shomen uchi

- Gyakute dori

Kote gaeshi

- Mune tsuki

- Shomen uchi

- Yokomen uchi

Shiho nage

- Katate dori

- Shomen uchi

- Yokomen uchi

Irimi nage

- Mune tsuki

- Shomen uchi

Ikkyo

- Katate dori

- Ryote dori

- Shomen uchi

Nikyo

- Gyakute dori (ura waza only)

- Katate dori

- Kata dori

- Shomen uchi ★

Sankyo ★

- Shomen uchi

Ushiro ryote dori ★

- Kokyu nage

- Kote gaeshi

### **Buki waza**

Bokken

- 7 bokken suburi

- Migi no awase (right side) ★

- Hidari no awase (left side) ★

Jo

- 31 jo kata, all 31 ★

- 20 jo suburi, 1-10 ★

### **Jiyu waza (freestyle) ★**

1 person attack, various techniques

### **Kokyu dosa**