

3 KYU sankyu

HAKAMA KAI



Krav: Minimum 50 träningsår
efter gradering till 4 Kyu

UKEMI WAZA

Tobi goshi ukemi

KATAME WAZA

Ikkyo (Ude osae)
Nikyo (Kote mawashi)
Sankyo (Kote hineri)
Yonkyo (Tekubi osae)

NAGE WAZA

Kote gaeshi
Shiho nage
Irimi nage
Soto kaiten nage
Ude kime nage
Kokyu ho

AIKI JO

Ju san no kata (kata 13)

TACHI WAZA

Försvarsteknik (Jigo no jutsu)

Ikkyo

Nikyo

Sankyo

Yonkyo

Kote gaeshi

Shiho nage

Irimi nage

Soto kaiten nage

Ude kime nage

Kokyo ho

HANMI HANDACHI WAZA

Försvarsteknik (Jigo no jutsu)

Shiho nage

Irimi nage

Uchi kaiten nage

SUWARI WAZA

Försvarsteknik (Jigo no jutsu)

Ikkyo

Nikyo

Sankyo

Kote gaeshi

Attackform (Kogekiho)

Katate ryote dori
Ryote dori
Yokomen uchi
Ushiro ryote dori

Katate ryote dori
Shomen uchi
Yokomen uchi
Ushiro ryote dori

Shomen uchi
Yokomen uchi

Shomen uchi
Yokomen uchi

Ushiro ryote dori
Katate ryote dori
Yokomen uchi

Ryote dori
Ushiro ryote dori

Ushiro ryote dori
Yokomen uchi

Gyaku hanmi katate dori

Katate ryote dori
Ushiro ryote dori

Katate ryote dori

Attackform (Kogekiho)

Gyaku hanmi katate dori

Shomen uchi

Gyaku hanmi katate dori

Attackform (Kogekiho)

Gyaku hanmi katate dori
Kata dori

Gyaku hanmi katate dori
Kata dori
Shomen uchi

Shomen uchi

Shomen uchi