

Jun-3rd Kyu

(Monthly Grading Tests)

1	Kihon-dosa Renzoku
2	Shitei Waza
3	Shitei Waza
4	Shitei Waza
5	Kihon-dosa to Kanren-waza <ol style="list-style-type: none"> 1. Kamae-ni-yoru-Atemi 2. Tai-no-henko (1) <ul style="list-style-type: none"> • Katate-mochi Sokumen Irimi-nage 3. Tai-no-henko (2) <ul style="list-style-type: none"> • Katate-mochi Hiji-ate Kokyu-nage 4. Hiriki-no-yosei (1) <ul style="list-style-type: none"> • Katate-Ryote-mochi Kokyu-nage 5. Hiriki-no-yosei (2) <ul style="list-style-type: none"> • Katate-Aya-mochi Nikajo-osae (2) 6. Shumatsu-dosa (1) <ul style="list-style-type: none"> • Ryote-mochi Shiho-nage (1) 7. Shumatsu-dosa (2) <ul style="list-style-type: none"> • Ryote-mochi Shiho-nage (2) 8. Kanren-waza Renzoku

Shitei Waza

Katate-mochi Shiho-nage (1) Ryote-mochi Shiho-nage (2) Suwari-waza Shomen-uchi Ikkajo-osae (1) Shomen-uchi Ikkajo-osae (1) Yokomen-uchi Ikkajo-osae (2) Suwari-waza Katate-mochi Nikajo-osae (2) Kata-mochi Nikajo-osae (1) Katate-mochi Nikajo-osae (2) Yokomen-uchi Sankajo-osae (1) Shomen-uchi Sankajo-osae (2) Yokomen-uchi Yonkajo-osae (1)	Yokomen-uchi Yonkajo-osae (2) Mune-mochi Hiji-shime (2) Katate-mochi Sokumen Irimi-nage (1) Shomen-uchi Shomen Irimi-nage (1) Yokomen-uchi Shomen Irimi-nage (2) Shomen-uchi Kote-gaeshi (2) Ryote-mochi Tenchi-nage (1) Katate-mochi Hiji-ate Kokyu-nage (1) Ryote-mochi Hiji-ate Kokyu-nage (2) Suwari-waza Ryote-mochi Kokyu-ho (2)
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