

Jun-Sandan

(Monthly Grading Tests)

1	Aikiken 1. Tandoku-dosa (both Migi and Hidari) 2. Sotai-dosa
2	Ken-soho (Version 2) 1. Tandoku-dosa 2. Sotai-dosa
3	Jo-soho 1. Tandoku-dosa 2. Nage-waza
4	Shitei-waza
5	Shitei-waza
6	Shitei-waza
7	Shitei-waza
8	Yokomen-geri Renzoku-waza
9	Jiyu-waza (one of your choice) <ul style="list-style-type: none"> • Shomen-uchi Jiyu-waza • Yokomen-uchi Jiyu-waza • Katate-mochi Jiyu-waza • Ryote-mochi Jiyu-waza • Shomen-zuki Jiyu-waza • Kata-mochi Jiyu-waza • Shomen/Yokomen-uchi Jiyu-waza • Ushiro-Ryote Mochi Jiyu-waza • Ushiro Ryohiji-mochi Jiyu-waza • Ushiro Ryokata-mochi Jiyu-waza • Tanto-dori Jiyu-waza • Ken-dori Jiyu-waza

Jun Sandan Shitei-waza

Jodan-zuki <ul style="list-style-type: none"> ◆ Ikkajo-osae ◆ Nikajo-osae ◆ Sankajo-osae ◆ Yonkajo-osae ◆ Sokumen Irimi-nage (1) (2) ◆ Shomen Irimi-nage (1) (2) ◆ Kote-gaeshi (1) (2) ◆ Shiho-nage 	Kata-mochi Shomen-uchi <ul style="list-style-type: none"> ◆ Ikkajo-osae (1) (2) ◆ Nikajo-osae (1) (2) ◆ Sankajo-osae (1) (2) ◆ Yonkajo-osae (1) (2) ◆ Shiho-nage
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