

3rd Kyu Grading Guidelines
Min 100 hrs and attendance at more than one course

Techniques (*all through omote & ura*)

Aihanmi Katatedori

Ikkyo
Nikyo
Sankyo
Yonkyo
Iriminage
Kotegaeshi
Shihonage
Jujinage
Sumiotoshi
Sotokaitenage
Koshinage
Kokyuho

Gyakuhanmi Katatedori

Ikkyo
Nikyo
Sankyo
Iriminage
Kotegaeshi
Shihonage
Uchikaitenage
Sotokaitenage
Kokyunage
Kokyuho
Koshinage
Koshinage
Kaitenage
Reverse Kotegaeshi
Sumiotoshi (+ hanmi handachi)
Tenchinage (+ hanmi handachi)

Ryotedori

Shihonage (+ hanmi handachi)
Tenchinage
Iriminage
Kokyunage
Kotegaeshi
Koshinage
Kokyuho

Morotedori

Ikkyo
Nikyo
Iriminage
Kokyunage

Katadori (*suwari / tachi*)

Ikkyo
Nikyo
Sankyo
Yonkyo
Shihonage
Kotegaeshi

Shomenuchi (*suwari / tachi*)

Ikkyo
Nikyo
Sankyo
Yonkyo
Iriminage
Kotegaeshi
Kaitenage
Shihonage

Yokemenuchi

Kotegaeshi
Jujinage
Ikkyo
Nikyo
Sankyo
Yonkyo
Iriminage
Kokyunage (suwari & tachi)

Tsuki

Ikkyo
Nikyo
Sankyo
Kotegaeshi

Ushiro Ryotedori

Kokyunage
Ikkyo
Nikyo

**Some of these techniques will also
be asked through ushiro tenkan.**

Ryote dori

Suwariwaza kokyuho

Weapons (+ 4th Kyu)

Tanto

Kotegaeshi
Iriminage (variation)
Kokyuho (variation)

Bokken

Shomenuchikomi
Renzokouchikomi
Suriotoshi (jigata)

Jyo

12 Kesa
12 tsuki
6 of 12 shomen