

Sankyu (3rd Kyu - 100 days)

"To have speed and stability"

ATTACK	TECHNIQUE	NOTES
shomenuchi	nikkyo omote ura	
shomenuchi	sankyo omote ura	
shomenuchi	kokyunage 3 ways	
yokomenuchi	kotegaeshi 1 way 2 nd way 3 rd way	
yokomenuchi	iriminage 1 way 2 nd way 3 rd way?	
morotetori	kotegaeshi	
morotetori	iriminage 1 way 2 nd way 3 rd way?	
ryotetori	shihonage	

ushiro ryotekubitori	shihonage	
ushiro ryotekubitori	kaitennage	
ushiro ryotekubitori	kaiten iriminage	
ushiro ryokatatori	ikkyo	
ushiro ryokatatori	nikkyo	
ushiro ryokatatori	sankyo	
ushiro ryokatatori	yonko	
tsuki	koshinage from ikkyo from sankyo	
tsuki	nikkyo from ikkyo ura	
suwari waza shomenuchi	nikkyo omote ura	
suwari waza shomenuchi	sankyo omote ura	
hanmi handachi waza katatetori	shihonage	
hanmi handachi waza katatetori	kaitennage omote ura	