

TERZO KYU	Minimo cinque mesi, 90 ore di allenamento e due stages	
Tachiwaza	Katatetori Katatetori Katateryotetori Katateryotetori Katateryotetori Katateryotetori Katateryotetori Katateryotetori Ryotetori Ryotetori Ryotetori Shomenuchi Yokomenuchi Yokomenuchi Yokomenuchi Yokomenuchi Yokomenuchi Chudantsuki	Uchikaitennage <i>omote/ura</i> Sotokaitennage Ikkyo <i>omote/ura</i> Ikkyo <i>omote/ura</i> est. Nikyo <i>omote/ura</i> est. Kotegaeshi Shihonage <i>omote/ura</i> Kokyu ho Udekimenage Ikkyo <i>omote/ura</i> Kokyunage Sankyo <i>omote/ura</i> Ikkyo <i>omote/ura</i> est. Nikyo <i>omote/ura</i> Sankyo <i>omote/ura</i> Kotegaeshi Iriminage Tenchinage Hijikimeosae
Ushiwaza	Ryotetori Ryotetori Ryotetori Ryotetori Ryotetori Ryotetori	Ikkyo <i>omote/ura</i> Nikyo <i>omote/ura</i> Kotegaeshi Shihonage <i>omote/ura</i> Iriminage Udekimenage
Suwariwaza	Katatetori Katatetori Katatori Katatori Shomenuchi Shomenuchi Shomenuchi	Ikkyo <i>omote/ura</i> Nikyo <i>omote/ura</i> Ikkyo <i>omote/ura</i> Nikyo <i>omote/ura</i> Nikyo <i>omote/ura</i> Sankyo <i>omote/ura</i> Kotegaeshi
Hanmihantachiwaza	Katatetori Katatetori Shomenuchi	Shihonage <i>omote/ura</i> Uchikaitennage <i>omote/ura</i> Iriminage