

3rd Kyu SANKYU

Minimum training 90 hours and 4 months

Tachiwaza

Katatetori	<ol style="list-style-type: none">1. Uchikitennage2. Sankyo (omote & ura)3. Yonkyo (omote & ura)
Katateriyotetori	<ol style="list-style-type: none">4. Ikkyo (omote & ura)5. Nikyo6. Kotegaeshi
Royteteri	<ol style="list-style-type: none">7. Kotegaeshi8. Kokyunage
Shomenuchi	<ol style="list-style-type: none">9. Yonkyo10. Gokyo
Yokomenuchi	<ol style="list-style-type: none">11. Ikkyo12. Uchikaitensankyo13. Tenchinage
Chdantsuki	<ol style="list-style-type: none">14. Sankyo15. Hijikimeosae16. Sotokaitenage

Ushirowaza

Royteteri	<ol style="list-style-type: none">1. Ikkyo (omote & ura)2. Nikyo (omote & ura)3. Sankyo (omote & ura)4. Hijikimeosae5. Kotegaeshi6. Shihonage7. Iriminage
-----------	---

Suwariwaza

Shomenuchi	<ol style="list-style-type: none">1. Kotegaeshi2. Sankyo (omote & ura)
Katatori	<ol style="list-style-type: none">3. Nikyo (omote & ura)4. Sankyo (omote & ura)