

3 KYU

1. PRAKTYKA:

NAGE WAZA:

1. SOTO MAKIKOMI
2. YOKO TOMOE NAGE
3. KATA OTOSHI
4. ASHI GURUMA
5. YOKO GURUMA
6. TSURI GOSHI
7. UKI GOSHI

KATAME WAZA:

1. OKURI ERI JIME
2. TSUKKOMI JIME
3. RYO TE JIME