

## **AIKIAN OSLO PENSUM 3. Kyu**

**20 Jo suburi** (hidari, migi)

**Inklusive 4. Kyu**

### **TACHI WAZA**

**Ikkyo** - Katate ryote dori, Ryote dori, Yokomen uchi, Ushiro ryote dori

**Nikyo** - Katate ryote dori, Shomen uchi, Yokomen uchi, Ushiro ryote dori

**Sankyo** - Shomen uchi, Yokomen uchi

**Yonkyo** - Shomen uchi, Yokomen uchi

**Kote gaeshi** - Ushiro ryote dori, Katate ryote dori, Yokomen uchi

**Shiho nage** - Ryote dori, Ushiro ryote dori

**Irimi nage** - Ushiro ryote dori, Yokomen uchi

**Soto kaiten nage** - Katate dori

**Ude kime nage** - Katate ryote dori, Ushiro ryote dori

**Kokyo nage** - Diverse grep

**Kokyo ho** - Katate ryote dori

### **SUWARI WAZA**

**Ikkyo** - Katate dori, Kata dori

**Nikyo** - Katate dori, Kata dori, Shomen uchi

**Sankyo** - Shomen uchi

**Yonkyo** - Shomen uchi

**Kote gaeshi** - **Shomen uchi**

### **HANMI HANDACHI WAZA**

**Shiho nage** - Katate dori

**Irimi nage** - Shomen uchi

**Uchi kaiten nage** - Katate dori