



## 3 Kyu

ATAKA	TECHNIKA
<b>Suvari vaza</b>	
šomen uči	ikyo, nikyo sankyo yonkyo
kata dori	ikyo, nikyo sankyo yonkyo
<b>Hanmi handači vaza</b>	
katate dori	šiho nage
ryote dori	šiho nage
<b>Tači vaza</b>	
šomen uči	ikyo, nikyo sankyo yonkyo irimi nage kote gaeši
katate dori	ikyo, nikyo sankyo yonkyo irimi nage šiho nage kote gaeši kaiten nage (soto/uči) kokyu ho
kosa dori	ikyo, nikyo sankyo yonkyo irimi nage šiho nage
kata dori	ikyo, nikyo sankyo yonkyo
yokomen uči	ikyo, nikyo sankyo yonkyo kote gaeši šiho nage
ryote dori	tenči nage
<b>Suvari vaza</b>	
ryote dori	kokyu ho