

## SANKYU (3. KYU)

(minimum 50 dana treniranja)

Shomen Uchi Dai Sankyo (Omote i Ura)

Shomen Uchi Dai Yonkyo (Omote i Ura)

Kata Dori Dai Sankyo (Omote i Ura)

Kata Dori Dai Yonkyo (Omote i Ura)

Ryote Dori Shiho Nage (Omote i Ura)

Shomen Uchi Kote Gaeshi

Tsuki (Chudan) Kote Gaeshi

Katate Dori Kote Gaeshi

Ryote Dori Tenchi Nage

Tsuki (Chudan) Irimi Nage

Suwari Waza Shomen Uchi Dai Ikkyo (Omote i Ura)

Suwari Waza Shomen Uchi Dai Nikyo (Omote i Ura)

Suwari Waza Shomen Uchi Dai Sankyo (Omote i Ura)

Suwari Waza Shomen Uchi Dai Yonkyo (Omote i Ura)

Go No Awase

Shichi No Awase

AIKIDO  
*klub*  
IZVOR