



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

AIKIDO

SANKYU 3RD KYU GREEN BELT

Techniques - left or right, inside or outside where appropriate.

Suwari waza

Yoko uchi

Kata gatame - hiji ate

Ushiro dori

Seoi nage - uraken ate

Antachi waza

Mae geri

Hiza oshi taoshi

Shomen uchi

Kote gaeshi

Tsuki

Hiji kudaki

Ukemi

Ko uchi gari

Ushiro kaiten ukemi

Ude domoe

Zenpo kaiten ukemi

Seoi nage

Yoko ukemi

Morote gari

Ushiro ukemi

Kata

Sanbo geri

Tehodoki

Jun katate dori

Nibai

Dosoku katate dori

Nibai

Gyaku katate dori

Nibai

Te waza

Kote oshi

Shiho nage

Nage waza

Tembin nage

Ippon seoi nage

Morote seoi nage

Morote gari

Tsuri komi goshi

Uki goshi

Hane goshi

Harai goshi

Ko soto gake

O uchi gari

Sutemi waza

Ude domoe

Hazu oshi

Waki tori

Ketsugo waza

Shiho nage - shiho nage

Shiho nage - mukae daoshi

Shiho nage - koshi gaeshi

Shiho nage - yuki chigai

Shitei Randori

Yuki chigai

Ude garami

Kote kudaki

TOTAL

Examiners Name _____

Pass/Regrade