



ヴィルヌーヴ・ラ・ギャレンヌ岩間武産合気道

Takemus Aikido Renmei France

TECHNICAL PROGRAM 3RD KYŪ « SANKYU »

(Minimum requirement 50 training days since the 4th Kyu)

TACHIWAZA

- AI Hanmi - Gyaku Hanmi
- Tai Sabaki (**3 forms**)
- Ukemi (**Mae - Ushiro**)

- Katatedori Tai No Henko (**Kihon and Ki-no-nagare**)
- Katatedori Shihonage (**Omote and Ura**)
- Katatedori Kotegaeshi

- Morotedori Kokyu Ho (**Kihon**)
- Shomenuchi Dai Ikkyo (**Omote and Ura**)
- Shomenuchi Dai Nikyo (**Omote and Ura**)
- Shomenuchi Dai Sankyo (**Omote and Ura**)
- Shomenuchi Iriminage
- Shomenuchi Kotegaeshi

- Tsuki (**Chudan**) Kotegaeshi
- Tsuki (**Chudan**) Iriminage

- Yokomenuchi Shihonage (**Omote and Ura**)

- Katadori Dai Ikkyo (**Omote and Ura**)
- Katadori Dai Nykyo (**Omote and Ura**)
- Katadori Dai Sankyo (**Omote and Ura**)

- Ryotedori Shihonage (**Omote and Ura**)
- Ryotedori Tenchinage

SUWARIWAZA

- Ryotedori Kokyu Ho (**Chudan**)

- Shomenuchi Dai Ikkyo (**Omote and ura**)
- Shomenuchi Dai Nikyo (**Omote and ura**)
- Shomenuchi Dai Sankyo (**Omote and ura**)

BUKIWASA (**Ken and Jo**)

- Ken Suburi **forms 1 to 7** (Nanahon Suburi)
- Ken Suburi Awase **4 forms**
- Jo Suburi **forms 1 to 20**
- 31 No Jo Kata

Good courage

The committee of coordination TAKEMUSU AIKIDO RENMEI FRANCE



岩間武産合気道
守弘