**3-RD KYU за деца (повече от 140 часа практика) за зелена чертичка**

**SAN-KYU**

IKKYO-MOROTE DORI

\*(OMOTE & URA)

NIKYO- MOROTE DORI

\*(OMOTE & URA)

IRIMI NAGE-MOROTE DORI

(JODAN)

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KOTE GAESHI-MOROTE DORI

(1 FORMS) ai hanmi

----------------------------------------------------------------------------------------------------------SHIHO NAGE-MEN UCHI

\*(OMOTE & URA)

KOKYU NAGE-MOROTE DORI

(1 FORM)

**SUWARI WAZA**

IKKYO KATA DORI

\*(OMOTE & URA)

NIKYO KATA DORI

\*(OMOTE & URA)

SANKYO KATA DORI

\*(OMOTE & URA)

YONKYO KATA DORI

\*(OMOTE & URA)

**BUKI WAZA**

**AIKI KEN**

SUBURI 5

SUBURI 6

**AIKI JO**

KATATE GEDAN GAESHI

KATATE TOMA UCHI

KATATE HACHI NO JI GAESHI

31 NO JO KATA 1-31