

## Junior Sandan (Third Degree Black Belt) Practice Sheet

Attack	Defense
Breakfall	Roll Breakfall (Retreads)
Traditional Weapons	Bokken Shihogiri
Traditional Weapons	Jo Suburi 11-15
Morotedori	Kokyunage
Kata Menuchi	Jujigame (back sitfall)
Sho/Yoke (barehand)	Aikiotoshi (1 leg sitfall)
Yoke/Sho	Shihonage
Mune Tsuki	Kotegaeshi
Sho/Yoke	Sumiotoshi
Yoke/Sho	Ikkyo Omote/Ura
Sho/Yoke	Udegame
Yoke/Sho	Kaitennage
Mune Tsuki	Koshinage (1 Hip Block)
Evaluator Choice	Any Prior Call Technique
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Running Front Grabs	Freeplay (6)
Yokomen Uchi	Freeplay (6)
Shomen Uchi	Freeplay (6)
Mune Tsuki	Freeplay (6)
Ushiro Waza	Freeplay (5)
Ushiro Waza	-Rear Choke Kotegaeshi -Ryotetori Iriminage -Ryotetori Jujinage -Ryokataori Kokyunage (coil) -Waistlock Nikyo
Hanmi Handachi	Freeplay (4)
Randori (4 Uke)	Controlled (12)
60 Hours Min & Sponsor Required	Kokyu Ho