

Junior Sankyu (Brown Belt) Practice Sheet

Exercise	Notes
Ikkyo Undo	High Parry
Tai Sabaki	Tenkan, Push Parry, Pivot parry
Shikko	Knee Walking
Ukemi	Standing roll, front and back
Atemi with a Partner	Yokomenuchi, Shomenuchi, Munetsuki
Ude Furi Undo	Yoke, Sho, Tsuki -- Inside & Outside With uke, measure Ma-ai.
Tai No Henko	Static
Attack	Defense
Yoke/Sho	Iriminage
Sho/Yoke	Kotegaeshi
Yokomen Uchi	Shihonage
Mune Tsuki	Ikkyo Omote (Inside Parry)
Mune Tsuki	Ikkyo Ura (Outside Parry)
Katatetori	Shihonage Omote
Kosatori	Sankyo (Throw/Pin)
Ryokatatori (Front)	Ikkyo Omote
Hook Elbows (Rear)	Iriminage
Around the Neck (Rear)	Kotegaeshi
15 Hours Minimum Required	Kokyu Ho