

3 кю (зеленый пояс)

Tachi waza

Shomen uchi
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Irimi nage
- Kotegaeshi
- Kokyu nage
- Udekime nage
- Shiho nage (omote,ura)

Yokomen uchi
- Iriminage (2 варианта)
- Kotegaeshi

Ryote dori
- Tenchi nage
- Shiho nage (omote,ura)
- Koshi nage
- Gyaku kote gaeshi
- Kotegaeshi
- Udekime nage
- Irimi nage

Chudan tsuki
- Irimi nage
- Kotegaeshi
- Nikkyo (omote, ura)
- Sankyo (omote,ura)
- Hijikime osae

Ushiro ryokata dori
- Sankyo

Morote dori
- Irimi nage (2 варианта)

Hanmi handachi waza

Katate dori
- Shiho nage (omote,ura)
- Kaiten nage

Ushiro eri dori
- Nikkyo (omote,ura)
- Tenchi nage
- Irimi nage

Suwari waza

Shomen uchi
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Irimi nage

Kata dori
- Ikkio (omote,ura)
- Nikkyo (omote,ura)

Ryote dori
- Kokyu ho

Chudan tsuki
- Kotegaeshi
- Soto kaiten nage
- Hijikime osae

Ushiro tekubi dori
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Koshi nage
- Kokyu nage

Tanto dori

Chudan tsuki
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Shiho nage

Jodan tsuki
- Ikkio (omote,ura)
- Nikkyo (omote,ura)

Shomen uchi
- Gokyo

Теоретический экзамен:

1. Реферат (история развития Айкидо).

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