

# **Shokyu 1<sup>st</sup> - 3<sup>rd</sup> Kyu**

**Sogo Shinsa (March – June 2018)**

<b>1</b>	<b>Migi-hanmi-Kamae</b>
<b>2</b>	<b>Hidari-hanmi-Kamae</b>
<b>3</b>	<b>Tai-no-henko (1)</b>
<b>4</b>	<b>Hiriki-no-yosei (1)</b>
<b>5</b>	<b>Hiriki-no-yosei (2)</b>
<b>6</b>	<b>Suwari-waza Yokomen-uchi Yonkajo-osae (1)</b>
<b>7</b>	<b>Ushiro-waza Katate-eri-mochi Ikkajo-osae (1)</b>
<b>8</b>	<b>Yokomen-geri Hiji-ate Kokyu-nage</b>
<b>9</b>	<b>Shitei-waza</b>
<b>10</b>	<b>Shitei-waza</b>
<b>11</b>	<b>Shitei-waza</b>
<b>12</b>	<b>Shumatsu-dosa (1)</b>
<b>13</b>	<b>Shumatsu-dosa (2)</b>
<b>14</b>	<b>Shomen-zuki Renzoku-waza</b> <ul style="list-style-type: none"><li><b>1. Shomen-zuki Sumi-otoshi</b></li><li><b>2. Shomen-zuki Kote-gaeshi</b></li><li><b>3. Shomen-zuki Hiji-ate Kokyu-nage</b></li><li><b>4. Shomen-zuki Ude-garami</b></li><li><b>5. Shomen-zuki Shiho-nage-kuzushi</b></li><li><b>6. Shomen-zuki Shomen Irimi-nage</b></li><li><b>7. Shomen-zuki Kokyu-nage</b></li></ul>

## Shokyu Shitei Waza

- Katate-mochi Shiho-nage (1) (2)
- Ryote-mochi Shiho-nage (1) (2)
- Yokomen-uchi Shiho-nage (1) (2)
- ↻ ↻ Shomen-uchi Ikkajo-osae (1) (2)
- ↻ ↻ Yokomen-uchi Ikkajo-osae (1) (2)
- ↻ ↻ Kata-mochi Ikkajo-osae (1) (2)
- Ushiro Ryote-mochi Ikkajo-osae (1) (2)
- ↻ ↻ Katate-mochi Nikajo-osae (1) (2)
- ↻ ↻ Kata-mochi Nikajo-osae (1) (2)
- ↻ ↻ Shomen-uchi Nikajo-osae (1) (2)
- ↻ ↻ Shomen-uchi Sankajo-osae (1) (2)
- ↻ ↻ Yokomen-uchi Sankajo-osae (1) (2)
- Ushiro Ryote-mochi Sankajo-osae (1) (2)
- ↻ ↻ Shomen-uchi Yonkajo-osae (1) (2)
- ↻ ↻ Yokomen-uchi Yonkajo-osae (1) (2)
- ↻ ↻ Katate-mochi Sokumen Irimi-nage (1) (2)
- ↻ ↻ Kata-mochi Sokumen Irimi-nage (1) (2)
- ↻ ↻ Shomen-uchi Shomen Irimi-nage (1) (2)
- ↻ ↻ Yokomen-uchi Shomen Irimi-nage (1) (2)
- ↻ ↻ Shomen-uchi Hiji-shime (1) (2)
- ↻ ↻ Yokomen-uchi Hiji-shime (1) (2)
- ↻ ↻ Mune-mochi Hiji-shime (1) (2)
- ↻ ↻ Shomen-uchi Kote-gaeshi (1) (2)
- ↻ ↻ Yokomen-uchi Kote-gaeshi (1) (2)
- ↻ ↻ Ryote-mochi Tenchi-nage (1) (2)
- Suwari-waza Ryote-mochi Kokyu-ho (1) (2)
- ↻ ↻ Both Standing and Sitting position)