

ODTÜ DOJO

3-2 Derece Sınavı Teknik Listesi

Suwari Waza

Aihanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage, Kote Gaeshi

Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Shihonage

Kata Dori

Ikkyo, Nikkyo

Shomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Iriminage,
Kote Gaeshi

Yokomen Uchi

Ikkyo, Nikkyo, Iriminage, Kotegaeshi

Hanmi Handachi Waza

Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Kotegaeshi, Iriminage, Kotegaeshi,
Shiho Nage, Sumi Otoshi, Kokyu Nage,

Ushiro Ryo Kata Dori

Ikkyo, Kokyu Nage

Tachi Waza

Aihanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi,
Shiho Nage, Ude Kime Nage, Hijikime Osae, Sumi Otoshi,
Uchi Kaiten Nage, Uchi Kaiten Nikkyo, Uchi Kaiten Sankyo,
Soto Kaiten Nage, Soto Kaiten Nikkyo, Soto Kaiten Sankyo,
Koshi Nage, Kokyu Nage

Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Hijikime Osae, Sumi Otoshi, Uchi Kaiten Nage, Uchi Kaiten Nikkyo, Soto Kaiten Nage, Soto Kaiten Nikkyo, Tenchi Nage, Koshi Nage, Kokyu Nage

Shomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Soto Kaiten Nage, Uchi Kaiten Nage, Koshi Nage, Kokyu Nage

Chudan Tsuki

Ikkyo, Gokyo, Irimi Nage, Kote Gaeshi, Ude Kime Nage, Hijikime Osae

Ryote Dori

Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Tenchi Nage, Shihonage, Kokyu Nage

Yokomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Kokyu Nage

Morote Dori

Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Juji Garami, Kokyu Nage

Kata Dori

Ikkyo, Nikkyo

Muna Dori

Ikkyo

Jodan Tsuki

Ikkyo, Kote Gaeshi, Irimi Nage, Aiki Otoshi

Kata Dori Men Uchi

Ikkyo, Kokyu Nage

Ushiro Waza

Ryote Dori

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,
Udekime Nage, Hiji Kime Osae, Kaiten Nage, Shiho Nage,
Kokyunage**

Katate Dori Kubi Shime

Ikkyo

Ryo Kata Dori

Ikkyo, Kokyu Nage

Tanto Dori

Chudan Tsuki

**Ikkyo, Gokyo, Kote Gaeshi, Irimi Nage, Udekime Nage,
Udegarami, Hijikime Osae**

Jo Dori

Chudan Tsuki

**Ikkyo, Tenchi Nage (Gyaku Hanmi, Aihanmi),
Shihonage (Gyaku Hanmi Aihanmi)**

Jo Nage

Morote Dori

Kokyu Nage

Ken

Happo Kiri

Ninin Gake

Ryo Kata Dori

Kokyu Nage
