

3º Dan (Faixa preta)	
1.	Todos os wazas do 2º dan
2.	Ken awase (1, 5, 7)
3.	Kimusubi no Tati
4.	Jo awase (6, 4)
5.	Jo Suburi 13
6.	Kaeshi waza
	Shomen-uti dai-itikyo omote --- dai-itikyo ura
	Shomen-uti dai-itikyo omote --- kotegaeshi
	Katasode-tori dai-nikyo ura --- dai-sankyo omote
7.	Katate-ryote-moti jiyu-waza (20 wazas)
8.	Futari-gake jiyu-waza

Lista de Wazas		
	Tenkan-ho atrás	TS
	Tenkan-ho frente	TS
	Aihanmi katate-tori dai-itikyo omote	TS
	Aihanmi katate-tori dai-itikyo ura	TS
	Aihanmi katate-tori shiho-nague omote	TS
	Aihanmi katate-tori shiho-nague ura	TS
	Shomen-uti dai-itikyo omote	TF
	Shomen-uti dai-itikyo ura	TF
	Shomen-uti Irimi-nague omote	TF
	Shomen-uti Irimi-nague ura	TF
	Suwari-waza kokyuho	TS
	Suwari-waza shomen-uti dai-itikyo omote	TF
	Suwari-waza shomen-uti dai-itikyo ura	TF
	Kata-sode tori dai-nikyo omote	TS
	Kata-sode tori dai-nikyo ura	TS
	Kata-dori dai-sankyo omote	TF
	Kata-dori dai-sankyo ura	TF
	Gyakuhanmi katate-tori dai-yonkyo omote	TS
	Gyakuhanmi katate-tori dai-yonkyo ura	TS
	Gyakuhanmi katate-tori irimi-nague omote	TF
	Gyakuhanmi katate-tori irimi-nague ura	TF
	Gyakuhanmi katate-tori shiho-nague omote	TS
	Gyakuhanmi katate-tori shiho-nague ura	TS
	Tati-waza kokyuho	TS
	Suwari-waza shomen-uti dai-sankyo omote	TF
	Suwari-waza shomen-uti dai-sankyo ura	TF
	Suwari-waza katadori dai-yonkyo omote	TS
	Suwari-waza katadori dai-yonkyo ura	TS
	Yokomen uti kirioroshi shiho-nague omote	TF
	Yokomen uti kirikaeshi shiho-nague ura	TF
	Yokomen uti kirikaeshi irimi-nague omote	TF
	Yokomen uti kirioroshi irimi-nague ura	TF
	Muna tori dai-nikyo omote	TS
	Muna tori dai-nikyo ude-hishigui	TS

	Shomen tsuki dai-itikyo omote	TF
	Shomen tsuki dai-itikyo ura	TF
	Shomen tsuki kotegaeshi omote	TF
	Shomen tsuki kotegaeshi ura	TF
	Hanmi-handati gyakuhanmi katate-tori shiho-nague omote	TS
	Hanmi-handati gyakuhanmi katate-tori shiho-nague ura	TS
	Ushiro-kubi-shime tenkan-otoshi	TS
	Ushiro-kubi-shime dai-itikyo omote	TS
	Ushiro-ryokata tori dai-sankyo omote	TS
	Ushiro-ryokata tori dai-sankyo ura	TS
	Ushiro-ryote tori dai-yonkyo omote	TS
	Ushiro-ryote tori dai-yonkyo ura	TS
	Ushiro-kubi-shime dai-nikyo ura	TF
	Ushiro-kubi-shime irimi-nague ura	TF
	Ushiro-ryokata tori kotegaeshi	TF
	Ushiro-ryote tori kotegaeshi	TF
	Ushiro-ryote tori shiho-nague omote	TF
	Ushiro-ryote tori jyujigarami-nague	TF
	Ryote-tori tenti-nague omote	TS
	Ryote-tori tenti-nague ura	TS
	Shomen-tsuki Irimi-nague omote	TF
	Shomen-tsuki Irimi-nague ura	TF
	Gyakuhanmi katate-tori uti-mawashi kaiten-nague omote	TS
	Gyakuhanmi katate-tori uti-mawashi kaiten-nague ura	TS
	Gyakuhanmi katate-tori soto-mawashi kaiten-nague ura	TF
	Katate-ryote moti koshi-nague	TS
	Katate-ryote moti mae-kaiten dai-itikyo ura	TS
	Shomen-uti shiho-nague omote	TF
	Shomen-tsuki shiho-nague ura	TF
	Tanto-tori yokomen-uti kirikaeshi dai-gokyo ura	TF
	Tanto-tori shomen-tsuki dai-gokyo omote	TF
	Tanto-tori shomen-tsuki kotegaeshi	TF
	Tanto-tori shomen-tsuki ude-hishigui	TF
	Ken Suburi 1 à 7	
	Jo Suburi 1 à 20	
	Jo 31	
TS → Técnica sólida TF → Técnica flexível		

Tachi Dori

- 1. Ai hanmi ushiro kokyu nague**
- 2. Gyaku hanmi kotegaeshi**
- 3. Gyaku hanmi irimi nague**
- 4. Gyaku hanmi ude hishigui**
- 5. Gyaku hanmi hiji ate mae kokyu nague**
- 6. Gyaku hanmi shiraha dori**
- 7. Ai hammi ago ate ushiro kokyu nague**
- 8. Gyaku hanmi mae kokyu nague**
- 9. Ai hanmi dai sankyo**
- 10. Ai hanmi dai yonkyo**

Jo Tori

- 1. Ai hanmi tsuki kokyu nague**
- 2. Ai hanmi shiho nague omote**
- 3. Gyaku hanmi hiji ate mae kokyu nague**
- 4. Ai hanmi tenkan mawashi kokyu nague**
- 5. Ai hanmi ushiro kokyu nague**
- 6. Ai hanmi ude hishigui**
- 7. Ai hanmi ago ate ushiro kokyu nague**
- 8. Ai hanmi mawashi kokyu nague**
- 9. Gyaku hanmi ushiro kokyu nague**
- 10. Gyaku hanmi tenkan mawashi kokyu
nague**
- 11. Gyaku hanmi jo osae**

1	Choku tsuki	JO SUBURI
2	Kaeshi tsuki	
3	Ushiro tsuki	Tsuki
4	Tsuki gedan gaeshi	
5	Tsuki jodan gaeshi	
6	Shomen uchikomi	
7	Renzoku uchikomi	
8	Men uchi gedan gaeshi	Uchikomi
9	Men uchi ushiro tsuki	
10	Gyaku yokomen uchi ushiro tsuki	
11	Katate gedan gaeshi	
12	Toma katate uchi	Katate
13	Katate hachi no ji gaeshi	
14	Hasso gaeshi uchi	
15	Hasso gaeshi tsuki	
16	Hasso gaeshi ushiro tsuki	Hasso gaeshi
17	Hasso gaeshi ushiro uchi	
18	Hasso gaeshi ushiro harai	
19	Hidari nagare gaeshi uchi	Nagare
20	Migui nagare gaeshi tsuki	