

3° Kyu (Faixa verde)		
1.	Suwari-waza shomen-uti dai-sankyo omote	TF
2.	Suwari-waza shomen-uti dai-sankyo ura	TF
3.	Suwari-waza katadori dai-yonkyo omote	TS
4.	Suwari-waza katadori dai-yonkyo ura	TS
5.	Yokomen uti kirioroshi shiho-nague omote	TF
6.	Yokomen uti kirikaeshi shiho-nague ura	TF
7.	Yokomen uti kirikaeshi irimi-nague omote	TF
8.	Yokomen uti kirioroshi irimi-nague ura	TF
9.	Muna tori dai-nikyo omote	TS
10.	Muna tori dai-nikyo ude-hishigui	TS
11.	Shomen tsuki dai-itikyo omote	TF
12.	Shomen tsuki dai-itikyo ura	TF
13.	Shomen tsuki kotegaeshi omote	TF
14.	Shomen tsuki kotegaeshi ura	TF
15.	Hanmi-handati gyakuhanmi katate-tori shiho-nague omote	TS
16.	Hanmi-handati gyakuhanmi katate-tori shiho-nague ura	TS
TS 掃 Técnica sólida TF 掃 Técnica flexível		