



<b>Examen Sankyu - 3e Kyu</b> 150 lesdagen			
<b>SUWARIWAZA</b>			
Shomenuchi Kiawase	1	Ikkyo Omote/Ura	
	2	Nikyo Omote/Ura	
	3	Iriminage	tot Osae
Katatetori Gyakuhanmi	4	Shihonage	Hanmi Hantachi
<b>TACHIWAZA</b>			
Shomenuchi Kiawase	5	Iriminage	
	6	Kotegaeshi	
	7	Sumiotoshi	
	8	Aikigoshi	
	9	Shihonage	
	10	Udekimenage	
	11	Uchikaitennage	
Katatetori Aihanmi	12	Ikkyo Ura	Kakarigeiko (3 Uke)
	13	Ikkyo Omote/Ura	
	14	Nikyo Omote/Ura	
	15	Sankyo Omote/ura	
	16	Shihonage	
Katatetori Gyakuhanmi	17	Uchikaitensankyo	
	18	Uchikaitensankyo	
Ryotetori	19	Shihogirikokyunage	Irimi Tenkan Sabaki
	20	Torifunekokyunage	Irimi Tenkan Sabaki
Katate Ryotetori	21	Genkeikokyunage	Tanren Tenkan Sabaki
	22	Kiriotoshi	
	23	Maeotoshi	
	24	Hikiotoshi	
Ushiro Ryotetori	25	Kotegaeshi	Kigata
	26	Tenchinage	
Katatori Menuchi	27	Genkeikokyunage	
	28	Iriminage	
Yokomenuchi	29	Ikkyo	
	30	Kotegaeshi	Ushiroashi Irimi Tenkan Kirioroshi Sankakutai
	31	Ikkyo	
32	Ipponseoi		

Bron: Ikeda Sensei Aikido en Judoschule Lenzburg