

3 KYU

YO IN KAN
TENSHIN SHODEN KATORI SHINTO RYU
SUGINO RYU HA GRADUERINGS KRAV



Kata / Kumi-tachi

Ken-jutsu

Kirikomi

Ikajo, Nikajo, Sankajo, Yonkajo

Uke

Ikajo, Nikajo.

Tachi iai

Yukiai gyaku nuki no tachi

Zengo chidori no tachi

Yukiai migi chidori no tachi

Gyaku nuki no tachi

Nuki uchi no tachi

Iai

Kusanagi no ken

Nuki tsuki no ken

Nuki uchi no ken

u ken

Sa ken

Happo ken

Bo-jutsu

Kihon

1.