

YOSEIKAN AIKIDO MUDANSHA REQUIREMENTS

<u>Rokkyu</u>	<u>Gokyu</u>	<u>Yonkyu</u>	<u>Sankyu</u>	<u>Nikyu</u>	<u>Ikkyu</u>
Required:					
Basics/Kata	Same	Same	Same	Same	Same
Stances	Same	Same	Same	Same	Same
Tai Sabaki	Same	Same	Same	Same	Same
Ukemi	Same	Same	Same	Same	Same
Ki Exercises or Te Hodoki	Same Same	Same Same	Same Same	Same Same	Same Same
Randori	Same	Same	Same	Same	Same
	Basic Karate Keri Yohno	Same Happo Ken	Same Same	Same Same	Same Same
			Suwari Waza	Same	Same
				Hiori no Kata (1 side)	Hiori no Kata (both sides)
Techniques					
3 hand tech	Same	4 hand tech	Same	Same	Same
	1 body tech	Same	Same	2 body tech	Same
			1 head & neck	2 head & neck	Same
					1 sutemi waza
Options:					
1 hand tech	Same	Same	2 hand tech	Same	3 hand tech
		1 head & neck	1 body tech	1 sutemi waza	Same
					1 ashi waza
					1 aiki nage
	1 nage waza	2 nage waza	Same	3 nage waza	4 nage waza
	Suwari waza	Same	Hiori no Kata (1 side)	Hiori no Kata (both sides)	
				Tai Sabaki no Kata basic Heian I	Same Same

## Shodan -- 1st Degree

- I. Stances
- II. Tai Sabaki
  - A. nagashi
  - B. hiraki
  - C. irimi
  - D. irimi senkai
  - E. o irimi senkai
- III. Ukemi
  - A. back breakfall
  - B. side breakfall
  - C. front breakfall
  - D. front rolloing breakfall
  - E. front roll
  - F. back roll
  - G. one foot ukemi
- IV. Ki Exercise Nigiri Gaeshi/Te Hedoki
  - A. jun katate dori
  - B. mae ryote ippo dori
  - C. dosoku katate dori
  - D. gyaku jun katate dori
  - E. ushiro ryote dori
  - F. ushiro katate dori jime
  - G. ushiro kamitsuki
    - 1. over elbows
    - 2. under elbows
    - 3. under elbows lifted
- V. Randori
- VI. Happo Ken: Kiba Dachi
  - A. uchi ude uke -- hiji uchi
  - B. gedan barai -- seiken choku zuki
  - C. shuto uke --seiken choku zuki
  - D. gedan zuki -- jodan mawashi zuki
- VII. Basic Karate
  - A. keru yonho
    - 1. front
    - 2. side
    - 3. rear
    - 4. roundhouse
  - B. heian shodan/pinan nidan
- VIII. Suwari Waza
  - A. mae ryote dori
  - B. jime
  - C. jun katate dori
  - D. lapel - zuki
  - E. gyaku
  - F. ken suwari waza
    - 1. mae
    - 2. gyaku
- IX. Hiori no Kata
- X. Tai Sabaki no Kata (modified)
  - A. holds
    - 1. nagashi
      - a. migi -- mae hiki otoshi
      - b. hidari -- kubi otoshi
    - 2. hiraki
      - a. migi -- kote gaeshi
      - b. hidari -- kote kudaki
    - 3. irimi
      - a. migi -- ko uchi gari
      - b. hidari -- robuse
    - 4. irimi senkai
      - a. migi -- yuki chigai
      - b. hidari -- tembin nage
    - 5. o irimit senkai
      - ushiro kata otoshi
  - B. tsuki
    - 1. nagashi
      - a. migi -- mae hiki otoshi
      - b. hidari -- kubi otoshi
    - 2. hiraki
      - a. migi -- hiza oshi daoshi
      - b. hidari -- o soto gari
    - 3. irimi
      - a. migi -- ko uchi gari
      - b. hidari -- mukae daoshi
    - 4. irimi senkai
      - a. migi -- kata guruma
      - b. hidari -- tembin nage
        - o soto gari
    - 5. o irimit senkai
      - ushiro kata otoshi
      - ude tomoe sutemi
- XI. Techniques
  - A. 4 hand techniques
  - B. 2 body techniques
  - C. 2 head and neck techniques
  - D. 2 sutemi waza
  - E. 1 ashi waza
  - F. 2 aiki nage
  - G. 5 nage waza
    - 1. ashi barai
    - 2. hiza guruma
    - 3. o soto gari
    - 4. o goshi
    - 5. seoi nage
- XII. Tai Sabaki no Kata (advanced)

## YOSEIKAN AIKIDO RYU WAZA

(Techniques of the Yoseikan School of Aikido)

NOTE: The following is a compilation of "Kihon," and "Yoseikan Ryu no Kihon," as outlined by Mr. Patrick Auge, with notes from Mr. Glenn Pack. Re-arrangement of material and modified spelling are those of the compiler: Ron Rogers, Technical Director, Midori Yama Budokai. Re-arrangement is based on the three obvious divisions of: kihon -- basics; kyoka ho - - advanced techniques; the yudansha ho -- black belt techniques. Modified spelling is based on the Japanese method of "nigiri" -- "hardening" of initial consonants: tori becomes dori when medially placed (torite eri dori); hon becomes pon or bon, depending on linguistics (kihon; ippon; sambon); keru waza ti nae gerum etc,

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|---|--|
| I. Kihon                                | Basics   |
| A. Te Hodoki goho                       | Five methods of wrist releases                 |
| 1. jun katate dori -- matsubushi        | regular single-hand grip -- feint --           |
| -- men ni atemi                         | body blow to the face                          |
| 2. gyaku katate dori -- waki bara ate   | reverse single-hand grip -- blow to the        |
|   | floating ribs                                  |
| 3. ryote ippo dori (ryote kata ho dori) | two-handed grip on one wrist (two-handed       |
| -- negiri -- tsuki age                  | single method grip) -- release -- uppercut     |
| 4. ushiro kubi jime katate dori -- ashi | rear choke and single-hand grip -- stamp to    |
| fumi -- nogare -- waki bara ate         | instep -- escape -- blow to the floating rib   |
| 5. ushiro kumitsuki                     | rear "bearhug"                                 |
| a. ushiro uwate kumitsuki -- kinteki    | rear bear hug over the arms -- kick to the     |
| hiji hari -- waki bara ate              | testicles -- spread the elbows (arms) --       |
|   | blow to floating rib                           |
| b. ushiro uwate daki age kumitsuki      | rear bear hug over the arms, and lifted from   |
| -- orenai te -- hiza hari               | the ground -- ki arms -- spread uke's legs at  |
|   | the knees with heels                           |
| c. ushiro shitate kumitsuki             | rear bear hug under the arms -- joint lock     |
| -- yubi dori -- yokomen ate             | against the finger(s) -- blow to the temples.  |
| B. Ukemi niho                           | Two methods of breakfalling                    |
| 1. zempo kaiten ukemi                   | front rolling breakfall                        |
| 2. koho kaiten ukemi                    | rear rolling breakfall                         |
| C. Atemi sampo                          | Three methods of body blows                    |
| 1. ken happo (happoken) -- kiba dachi   | striking in 8 directions -- using horse stance |
| a. uchi ude uke -- hiji uchi            | inside forearm block -- elbow strike           |
| b. gedan bari -- seiken choku zuki      | lower-lever parry -- forefist straight punch   |
| c. shuto uke -- seiken choku zuki       | knife-hand block -- forefist straight punch    |
| d. gedan zuki - jodan mawashi zuki      | lower-level punch -- upper-level               |
|   | roundhouse punch                               |
| 2. keru yohno                           | four methods of kicking                        |
| a. mae geri                             | front  |
| b. yoko geri                            | side   |
| c. ushiro geri                          | rear   |
| d. mawashi geri                         | roundhouse                                     |
| 3. hasshakuken (pinan/heian I-V)        | borrowed techniques of the empty hand          |
|   | (Sifu Ping-an/safety and peacefulness I-V)     |
| a. pinan nidan/heian shodan             | pinan II/heian I                               |
| b. pinan shodan/heian nidan             | pinan I/heian II                               |
| c. pinan/heian sandan                   | pinan/heian III                                |
| d. pinan/heian yodan                    | pinan/heian IV                                 |
| e. pinan/heian godan                    | pinan/heian V                                  |

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| <p>D. Tai Sabak goho</p> <ol style="list-style-type: none"> <li>1. nagashi -- gyaku zuki</li> <li>2. hiraki -- yoko fumi geri<br/>(hiza ate)</li> <li>3. irimi             <ol style="list-style-type: none"> <li>a. soto irimi -- hiji ate</li> <li>b. uchi irimi -- ko uchi gari</li> </ol> </li> <li>4. irimi senkai             <ol style="list-style-type: none"> <li>a. soto irimi senkai --<br/>tembin nage</li> <li>b. uchi irimi senkai --<br/>seoi nage</li> </ol> </li> <li>5. o irimi senkai --<br/>ushiro kata otoshi</li> </ol> <p>E. Te waza</p> <ol style="list-style-type: none"> <li>1. ude dori ho             <ol style="list-style-type: none"> <li>a. (dosoku dori) mae hiki<br/>otoshi</li> <li>b. hiji ori (hiki) otoshi</li> <li>c. ushiro sumi otoshi</li> <li>d. motare komi</li> <li>e. seoi nage</li> <li>f. gyaku seoi otoshi</li> <li>g. kata guruma                 <ol style="list-style-type: none"> <li>1) nami kata guruma</li> <li>2) irimi senkai</li> <li>3) gyaku irimi</li> </ol> </li> <li>h. ude garami daoshi</li> <li>i. ude garami koshi nage</li> </ol> </li> <li>2. ude dori uchi nigiri ho<br/>(uchi nejiri)</li> </ol> | <p>Five methods of body pivoting</p> <p>Flowing (back) reverse punch</p> <p>Side stepping -- side stamp kick<br/>(blow to the knee)</p> <p>entering (Forward)</p> <p>entering to the outside --<br/>blow with the elbow</p> <p>entering to the inside --<br/>minor inner reap</p> <p>entering, then turning 180</p> <p>irimi senkai to the outside --<br/>scale throw</p> <p>irimi senkai to the inside --<br/>back-carry throw</p> <p>major entering 180 pivot<br/>(irimi senkai with a skip forward)</p> <p>rear shoulder drop</p> <p>Techniques with the hand<br/>methods from an arm grip<br/>(cross grip) front pulling drop</p> <p>elbow crush (pulling drop)</p> <p>rear corner drop</p> <p>? leaning in</p> <p>back carry throw</p> <p>reversed back carry drop</p> <p>shoulder wheel</p> <p>natural should wheel</p> <p>entry with 180 pivot</p> <p>reversed entry</p> <p>arm entanglement push-down</p> <p>arm entanglement hip throw</p> <p>inside arm grip release methods</p> |
|--|--|

NOTE: The letters a through e 1) correspond to each te hodoki

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|--|---|
| <ol style="list-style-type: none"> <li>a. robuse -- nagashi/irimi<br/>senkai</li> <li>b. gyaku robuse</li> <li>c. hiji kudai -- nagashi<br/>irimit semkai</li> <li>d. kote kudaki (kote hishigi)</li> <li>e. yuki chigai -- irimi senkai             <ol style="list-style-type: none"> <li>1) nami yuki chigai</li> <li>2) sode dori yuki chigai</li> </ol> </li> </ol> | <p>arm rowing -- (from) flowing/entry<br/>with 180 pivot</p> <p>elbow crush -- flowing/entry with 180<br/>pivot</p> <p>wrist crush</p> <p>twisting the wrist inward -- 180<br/>entry pivot</p> <p>natural twisting the wrist inward</p> <p>twisting the wrist inward from a sleeve<br/>grip</p> |
|--|---|

f. shita ude garmi -- irimi senkai	lower arm entanglement -- entry with 180 pivot single wing
g. kata ha gaeshi (kaesu = nageru) -- irimi senkai	overturn (to overturn = to throw down) -- entry with 180 pivot
h. eri dori kata ha kaeshi	lapel grip single wing overturn
i. kata ha otoshi	single wing drop (otosu - to drop)
1) eri dori kata ha otoshi	lapel grip single wing drop
2) gyaku (ura) kata ha otoshi	reversed single wing drop
3. ude dori soto nigiri ho (soto nejiri)	arm grips from the inside release methods
a. hiki otoshi	pulling drop
b. kote gaeshi -- hiraki/irimi senkai	turning the wrist outward -- (from) side stepping/entry with 180 pivot
c. gyaku (ura) kote gaeshi	reversed wrist out-turn
d. shiho nage -- irimi senkai	four corners throw -- entry with 180 pivot
e. senkai nage	pivoting throw
f. tembin nage-- irimi senkai	scale throw -- entry with 180 pivot
g. gyaku te sei	reversed arm back-carry
h. ue ude garami	upper arm entanglement
i. kata ue kim daoshi	over the shoulder focused push-down
j. kannuki hikitate	barred pulling-up
4. ashi dori ho	leg rip methods
a. hiza oshi daoshi (push with hand)	knee push push-down
b. ashi dori hiji oshi -- keru (push with elbow)	leg grip elbow push -- defense against kick
c. ashi dori nodowa daoshi (throat)	leg grip throat encircling push-down
d. ashi dori sode daoshi (sleeve)	leg grip sleeve push-down
e. ashi sukui daoshi	leg scooping push-down

NOTE: Ashi sukui daoshi in combination with a through d is practical in case of mawashi geri or ura mawashi geri -- roundhouse or reverse roundhouse kick

1) uchi sukui	inside scooping
2) soto sukui	outside scooping
f. keru ashi dori	leg grip from a kick
g. katsugi daoshi (geri)	carry on the shoulder push-down (from a kick)
1) o uchi gari	major inner reap
2) uchi nejiri	inside release
3) soto nejiri	outside release
4) ashi barai	foot sweep
5) ko uchi gake	minor inside hook
6) ashi gake	foot/leg hook
h. ushiro ashi dor daoshi	rear leg grip push-down
1) uchi irimi	inside entry
2) soto irimi	outside entry

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|---|--|
| 5. chokutai ho                              | straight body methods  |
| a. mukae daoshi --irimi/<br>irimi senkai    | encountering push-down --<br>entering/entry with 180 pivot<br>over the arm |
| 1) uwate (kamite)                           | under the arm  |
| 2) shitate (shimote)                        | trunk overturn -- entering/entry with<br>180 pivot                         |
| b. do gaeshi -- irimi/<br>irmi senkai       | turn overturn from a leg grip  |
| c. ashi dori do gaeshi                      | inside   |
| 1) naka                                     | outside  |
| 2) soto                                     | inner thigh overturn   |
| d. uchi mata gaeshi                         | pulling while turning (pulling)  |
| 1) hiki mawashi (hiki)                      | pushing up the side (pushing)  |
| 2) waki oshi age (oshi)                     | (?rear inner thigh overturn)   |
| (? Ushiro uchi mage<br>gaeshi)              |  |
| e. ushiro kata otoshi                       | rear shoulder drop   |
| f. ushiro daki otoshi with<br>ashi barai    | rear embracing drop with foot sweep  |
| g. ushiro kami otoshi                       | rear upper drop  |
| h. ude dori soto nejiri                     | arm grip outside release   |
| i. daki age                                 | embracing up   |
| 1) uchi irimi                               | inside entry   |
| 2) soto irimi                               | outside entry  |
| j. gyaku iri kata guruma<br>(on gyaku zuki) | reversed entry shoulder wheel<br>(on reverse punch)                        |
| k. kubi otoshi                              | neck drop  |
| l. hachi mawashi                            | flower-pot turning   |
| 1) nami hachi mawashi                       | natural flower=pot turning   |
| 2) hiji dori                                | elbow grip   |

## II. Kyoka Ho

- |  |   |
|--|---|
| A. Te waza kyoka ho                        | advanced Methods                          |
| 1. tembin mawashi                          | advanced methods of hand techniques       |
| 2. waki dori mawashi                       | scale turning                             |
| 3. kata ha mawashi                         | side grip turning                         |
| 4. seoi nage                               | single wing turning                       |
| 5. nigiri gaeshi                           | back carry throw                          |
| a. jun katate dori                         | escape (takes) overturns (counters)       |
| 1) uchi nigiri                             | regular single hand grip                  |
| 2) soto nigiri                             | inside escape                             |
| b. gyaku katate dori                       | outside escape                            |
| 1) uchi nigiri                             | reversed sing-hand grip                   |
| 2) soto nigiri                             | inside escape                             |
| c. dosoku katate dori                      | outside escape                            |
| d. ryote ippo dori (ryote kate<br>ho dori) | cross (shake hands) single hand grip      |
| 1) uchi nigiri                             | two-handed grip on one wrist              |
| 2) soto nigiri                             | (two-handed single method grip)           |
| e. ushiro ryote dori                       | inside escape                             |
| f. ryote ryoho dori                        | outside escape                            |
| g. ryo uchi nigiri                         | rear two-handed grip (on both wrists)     |
|  | two-handed two method grip on both wrists |
|  | inside escape with two hands              |

B. Ashi waza kyoka ho	Advanced method of leg/foot
1. harai ashi	sweeping foot
a. de ashi barai	advanced foot sweep
b. okuri ashi barai	sliding foot sweep
c. hiza guruma	knee wheel
d. sasae tsurikomi ashi	propping lift-pull foot
e. barai tsurikomi uschi	sweeping lift-pull foot

NOTE: Although c and d are classified as harai ashi they are not technically sweeps: Kodokan judo classifies them as ateru waza, or placing techniques, in which the attacking foot is placed in front of uke's advancing foot to prevent its further advance.

2. kari ashi	reaping foot/leg
a. ko uchi gari	minor inner reaping
b. o uchi gari	major inner reaping
c. ko soto gari	minor outward reaping
d. o soto gari	major outward reaping
3. kake ashi	hooking foot
a. ko uchi gake	minor inner hooking
b. ko soto gake	minor outer hooking
C. Koshi waza	Hip/Loan techniques
1. uki goshi	floating loin
2. o goshi	major loin
3. kubi nage (kube goshi nage)	neck throw (neck loin throw)
4. waki nage	side (of the chest) throw
5. obi nage	belt throw
6. harai goshi	sweeping loin
7. hane goshi	springing loin

III. Yudahnsa Ho	Black Belt Methods
A. Ukemi	Breakfalls
1. koho ukemi (ushiro ukemi)	back breakfall
2. sokuho ukemi (yoko ukemi)	side breakfall
3. zempo ukemi (mae ukemi)	front breakfall
4. zempo kaiten ukemi	front rolling breakfall
5. koho kaiten ukemi	rear rolling breakfall
6. kata ashi ukemi	one foot ukemi
B. Sutemi waza	Abandonment (Sacrifice) techniques
1. hon (han) sutemi waza (ho)	Basic (half) abandonment techniques (methods)
a. hazu oshi sutemi	evading push abandonment
b. hiji oshi sutemi	elbow pushing abandonment
c. uchi waki dori sutemi	inner side grip abandonment
d. harite daoshi	spread-arms push-down
e. kubi jime sutemi	neck lock (choke) abandonment
1) uchi eri	inside lapel
2) soto eri	outside lapel

2.	yoko sutemi wza (ho)	side abandonment techniques (methods)
	a. soto waki dori sute (mi)	outer side grip abandonment
	b. ushiro dori (tani otoshi)	rear grip (valley drop)
	c. hiji kake (yoko) sute (mi)	elbow hooking (side) abandonment
	d. kudi daki (yoko) sute (mi)	neck embracing (side) abandonment
	e. ude make (yoko) sute (mi)	arm wrapping (side) abandonment
	f. ude gaeshi	arm overturn
	g. obi dori sutemi	belt grip abandonment
	h. kubi jime (yoko) sute (mi)	neck lock (side) abandonment
	1) uchi eri (yoko sute)	inside lapel (side abandonment)
	2) soto eri (yoko sute)	outside lape (side abandonment)
3.	ma sutemi waza (ho)	direct (rear abandonment techniques methods)
	a. kubi tomoe nage	neck whirling throw
	1) waki age	side lifted up
	2) kubi daki	neck embracing
	b. ude tomoe (sutemi) nage	arm whirling (abandonment) throw
	1) uchi modori (mawashi)	inside returning (turning)
	2) soto mawari (mawashi)	outside turning
	c. ashi tomoe nage	foot whirling throw
	(judo tomoe nage)	(judo whirling throw)
	1) ma ue (tomoe nage)	directly overhead (whirling throw)
	2) soku ho (yoko tomoe)	side method (side whirling)
	3) uchi mata hane tomoe nage	inner thigh springing whirling throw
	(judo sumi gaeshi)	(judo corner turnover)
	d. daki sutemi	embracing abandonment
	(judo ura nage)	(judo rear throw)
	e. kani sutemi	crab abandonment
	(judo kani basami)	(judo crab scissors)
	f. iri maki sutemi	wrapping entry abandonment
	1) kata guruma iri maki sutemi	shoulder wheel wrapping entry abandonment
	2) do gaeshi iri maki sutemi	trunk overturn wrapping entry abandonment
	g. o motare komi sutemi	major ?leaning in abandonment
C.	Suwari waza	Seated techniques
	1. jun katate dori	regular single-hand grip
	2. mae ryote dori	front two-handed grip on both wrists
	(ryote ryoho dori)	(two-handed two-method grip)
	3. mae kubi tuskami jime	front two-handed choke
	4. eri dori yokomen uchi	lapel grip and strike to the temple
	5. eri dori chudan zuki	lapel grip and stomach punch
	6. gyaku katate dori	reversed single-hand grip
	7. ken suwari waza	seated fist techniques
	a. mae	front
	b. gyaku	reversed



## D. Kata

1. hiori no kata
  - a. uke -- yokomen uchi
  - b. tori -- kata ha jime katate dori
  - c. uke -- yuki chi gai
  - d. tori -- hiji kudaki
  - e. uke -- nige (nogare)
  - f. uke -- oshi robuse
  - g. tori -- do gaeshi
  - h. uke -- jodan zuki
  - i. tori -- mae shiho nage
  - j. uke -- tembin nage
  - k. tori -- mukae daoshi
  - l. uke -- ura kata ha otoshi
  - m. tori -- kata guruma
2. tai sabaki no kata
  - a. nigiri gata
    - 1) nagashi migi --  
mae hiki otoshi
    - 2) nagashi hidari --  
kubi otoshi
    - 3) hiraki migi --  
kote gaeshi
    - 4) hiraki hidari  
kote kudaki
    - 5) irimi migi --  
ko uchi gari
    - 6) irimi hidari -- robuse
    - 7) irimi senkai migi (uchi)  
yuki chigai
    - 8) irimi senkai hidari  
(soto) -- tembin nage
    - 9) o irimi senkai --  
ushiro kata otoshi
  - b. tsuki
    - 1) nagashi migi --  
mae hiki otoshi
    - 2) nagashi hidari --  
kubi otoshi
    - 3) hiraki migi --  
hiza oshi daoshi
    - 4) hiraki hidari kihon --  
o soto gari
    - 5) hiraki hidari kyoka  
(oku) -- soto waki  
dor sutemi
    - 6) irimi migi --  
ko uchi gari

## Forms

- forms of movement  
strike to the temple  
single wing strangle and armlock
- twisting the wrist inward  
elbow crush  
escape  
pushing arm rowing  
trunk overturn  
upper level punch  
front four corners throw  
scale throw  
encountering push-down  
reversed single wing drop  
shoulder wheel  
forms of body pivoting  
holding attacks  
right flowing --  
front pulling drop  
left flowing --  
neck drop  
right side stepping --  
twisting the wrist outward  
left side stepping  
wrist crush  
right entering -- minor inner reap  
left entering -- arm rowing  
right (inner) entry with 180 pivot --  
twisting the wrist inward  
left (outer) entry with 180 pivot --  
scale throw  
major entry with 180 pivot --  
rear shoulder drop  
punching, thrusting or striking  
right flowing -- front pulling drop  
left flowing -- neck drop  
right side stepping --  
knee push push-down  
left side stepping basic --  
major outer reap  
left side stepping advanced --  
outer side grip abandonment  
right entering -- minor inner reap

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|---|---|
| 7) irimi hidari --<br>mukae daoshi                              | left entering --<br>encountering pushdown                     |
| 8) (uchi) irimi senkai<br>migi -- kata guruma                   | (inside) right entering with 180<br>pivot -- shoulder wheel   |
| 9) (soto) irimi senkai<br>hidari kihon --<br>tembin nage        | (outside) left entering with 180<br>pivot -- scale throw      |
| 10) (soto) irimi senkai<br>hidari kyoka (oku) --<br>o soto gari | (outside) left entering with 180<br>pivot -- major outer reap |
| 11) o irimi senkai kihon -<br>ushiro kata otoshi                | major entering with 180 pivot --<br>rear shoulder drop        |
| 12) o irimi senkai kyoka -<br>ude tomoe sutemi                  | major entering with 180 pivot --<br>arm whirling abandonment  |
| 3. jutsuri no kata  | Aiki practice forms of the soft catch                         |
| a. mae ryote kata dori (uke)                                    | front two-handed grip   |
| b. do gaeshi (tori)   | trunk overturn  |
| c. eri dori kentusui yokome<br>uchi (uke)                       | lapel grip hammer-fit strike to the<br>temple                 |
| d. hachi mawashi (tori)   | flower pot turning  |
| e. ushiro kubi jime katate<br>dori (uke)                        | rear choke and armlock  |
| f. tembin nage (tori)   | scale throw   |
| g. morote gari (uke)  | two-handed reap   |
| h. kata ha otoshi (tori)  | single wing drop  |
| i. nodowa zeme (uke)  | sumo attack   |
| j. hazu oshi sutemi (tori)                                      | evading push abandonment                                      |
| 4. ken tai ichi no kata   | forms of the sword and body as one                            |
| a. kihon gamae  | basic postures  |
| 1) chudan gamae   | middle position   |
| 2) gedan gamae  | lower position  |
| 3) inno gamae<br>(hasso gamae)                                  | over the should position                                      |
| 4) jodan gamae  | upper position  |
| b. kyoka gamae  | advanced postures   |
| 1) mi gamae   | no arms position  |
| 2) waki gamae   | arm at side position  |
| 3) ma gamae   | direct facing position  |
| 4) hanmi no gamae   | half facing position  |
| a) jun no gamae   | natural half facing position                                  |
| b) gyaku no gamae   | reversed half facing position                                 |

c. ken

- 1) shomen
- 2) yokomen
- 3) kubi
- 4) nodo
- 5) kata
- 6) mune
- 7) do
- 8) kote
- 9) momo
- 10) tsune

d. ken . . . tai

- 1) kuki zuki --  
kote hiji kudai
- 2) kote -- kote . . .  
kote kudaki
- 3) nodo zuki -- kubi kiri  
. . . mukae daoshi
- 4) kubi uchi -- kata uchi  
. . . tembin nage
- 5) shomen uchi -- kote --  
do uchi -- ushiro kata  
uchi . . . mae shiho  
nage

techniques based on Katori Shinto Ryu

ken jutsu

- top of the head  
side of the head -- temples  
neck -- sides  
throat  
shoulder  
chest  
trunk  
wrist  
thigh  
shin  
sword . . . body  
neck cutting -- wrist striking . . .  
elbow crush  
wrist cutting - - wrist cutting . . .  
wrist crush  
thrust to the throat -- neck cutting  
. . . encountering push-down  
neck striking - - shoulder striking . . .  
scale throw  
strike to the top of the head -- wrist  
striking -- trunk striking -- rear  
should striking . . . front four corners  
throw