



財団法人古武道連盟
Zaidan Hojin Kobudo Renmei

Kobukai Aiki Jujutsu (Yoseikan)

6 Kyu

Tai-sabaki whit partner: / nagashi / hiraki / irimi / o-irimi / o-irimi-senkai

Ukemi-waza: mae-ushiro-yoko-ukemi / yoko-ukemi-tai-otoshi

5 Kyu

Te- geri-waza:

heiko-dachi - choku-zuki

oi-zuki / gyaku-zuki / kizame-zuki / mawashi-zuki / ura-tsuki / empi-uchi / uraken-uchi

teisho-uchi (karate or Boxing)

mae-mawashi en ushiro-geri (tsuki-chudan)

omote and ura-yokomen-uchi / shomen-uchi (tanto-waza)

Te hodoki-kihon-kata:

junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori

mae-eri-dori / sode-dori

4 Kyu

Hojo-undo: negi and nigiri-gaeshi / oshi-gaeshi / shinogi / tsuppari

Henka waza: Kote waza

Kote gaeshi: tsuki-chudan

Negi kote gaeshi: tsuki-jodan

Variations: ushiro-ryote-dori / ura-yokomen-uchi / omote-yokomen-uchi

3 Kyu

Te hodoki-kihon-kata

junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro

eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori /

ushiro kubi

shime katate dori

Henka waza: Kote waza

Yuki chigae: tsuki-jodan

Variations: sode-dori / ushiro-ryote-dori / ushiro-kube-shime / ura-yokomen-uchi

Randori

Free Randori against 1 attacker



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2 Kyu

Henka waza: Ude waza

Shiho nage: omote-yokomen-uchi

Tembin nage: dosokute-dori

Robuse: dosokute-dori

Ushiho hiji kudaki: tsuki-chudan

Variations: junte-dori (irimi-tenkan) / sode-dori / ushiro-ryote-dori / ura-yokomen-uchi

Henka waza: Tai waza

Mukae daoshi: ura-yokomen-uchi

Ura mukae daoshi: mae-geri

Ushiho hiki otoshi: omote-yokomen-uchi (irimi and tenkan - tsuki-chudan)

Ushiho kata otoshi: omote-yokomen-uchi

Variations: tsuki-chudan / tsuki-jodan / ushiro-ryote-dori

Te hodoki-kihon-kata

junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro

eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi

shime katate dori

Kata

Tai sabaki no kata (only tai sabaki)

Randori

Free Randori against 2 attackers

1 Kyu

Wa-no-seishin(Aiki-nage): junte / ryote-dori (2 forms) / ryote-ippo-dori / ushiro-ryote-dori

Kanalisation (Aiki-nage): tsuki-chudan / ura-yokomen-uchi / omote-yokomen-uchi

Henka waza: Ashi waza

Ashi tori sukui taoshi: mae-geri

Ashi tori sukui nage: ushiro-geri

Ashi gaeshi: mawashi-geri - chudan and jodan

Ashi tori oshi taoshi: tsuki-chudan

Ryu-ashi dori: oi-zuki-jodan

Kata

Tai sabaki no kata (only tai sabaki)



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Te hodoki-kihon-kata

junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro
eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi
shime katate dori

né waza

kata, hiji and ude kansetsu / juji, ude and waki gatame / ude garami / ashi-gatame

Randori

Free Randori against 2 attackers

Shodan

The in red collar are the reference techniques

Henka waza: Kote waza

Kote gaeshi: tsuki-chudan

Negi kote gaeshi: tsuki-jodan

Variations: ushiro-ryote-dori / ura-yokomen-uchi / omote-yokomen-uchi

Yuki chigae: tsuki-jodan

Variations: sode-dori / ushiro-ryote-dori / ushiro-kube-shime / ura-yokomen-uchi

Henka waza: Ude waza

Shiho nage: omote-yokomen-uchi

Tembin nage: dosokute-dori

Robuse: dosokute-dori

Ushiro hiji kudaki: tsuki-chudan

Variations: junte-dori (irimi-tenkan) / sode-dori / ushiro-ryote-dori / ura-yokomen-uchi

Henka waza: Tai waza

Mukae daoshi: ura-yokomen-uchi

Ura mukae daoshi: mae-geri

Ushiro hiki otoshi: tsuki-chudan (tenkan)

Ushiro kata otoshi: omote-yokomen-uchi

Variations: tsuki-chudan / tsuki-jodan / ushiro-ryote-dori

Henka waza: Ashi waza



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Ashi tori sukui taoshi: mae-geri
Ashi tori sukui nage: ushiro-geri
Ashi gaeshi: mawashi-geri op chudan en jodan
Ashi tori oshi taoshi: tsuki-chudan
Ryu-ashi dori: oi-zuki-jodan

Kata

Tai-sabaki-no-kata Shodan (Aikijujutsu-Yoseikan)

1 Nagashi (soto) Hiki-otoshi – tsuki-chudan	Nagashi (uchi) Kubioshi-sutemi – tsuki-chudan
2 Hiraki (soto) Soto-waki-tori-sutemi – tsuki-chudan	Hiraki (uchi) Ashi-tori-oshi-taoshi - tsuki-chudan
3 Irimi (soto) Mukae-daoshi – tsuki-chudan	Irimi (uchi) Ko-uchi-gari – tsuki-chudan
4 O-irimi (soto) O-soto-gari – tsuki-chudan	O-irimi (uchi) Kata-garuma – tsuki-chudan
5 O-irimi-senkai (soto) O-irimi-tomoë – tsuki-chudan	

Te hodoki-kihon-kata

junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori

né waza

kata, hiji and ude kansetsu / juji, ude and waki gatame / ude garami / ashi-gatame

Randori

Free Randori against 2 attackers (tanto or tambo is possible)

Shodan waza reference techniques in Kihon



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Henka waza: Kote waza
Kote gaeshi: tsuki-chudan
Negi kote gaeshi: tsuki-jodan
Yuki chigae: tsuki-jodan
Henka waza: Ude waza
Shiho nage: omote-yokomen-uchi
Tembin nage: dosokute-dori
Robuse: dosokute-dori
Ushiro hiji kudaki: tsuki-chudan
Henka waza: Tai waza
Mukae daoshi: ura-yokomen-uchi
Ura mukae daoshi: mae-geri
Ushiro hiki otoshi: tsuki-jodan (tenkan)
Ushiro kata otoshi: omote-yokomen-uchi
Henka waza: Ashi waza
Ashi tori sukui taoshi: mae-geri
Ashi tori sukui nage: ushiro-geri
Ashi gaeshi: mawashi-geri - chudan and jodan
Ashi tori oshi taoshi: tsuki-chudan
Ko uchi gari: tsuki-chudan
Ryu-ashi dori: oi-zuki-jodan

Nidan

Henka waza: Kote waza

Gyaku kote gaeshi: omote-yokomen-uchi
Kote kudaki: sode-dori ushiro-ukemi and (hiji-kansetsu)

Variante aanvallen: dosokute-dori / junte-dori / tsuki-chudan

Henka waza: Ude waza

Juji garami: ryote-ippo-dori
Ude garami: ura-yokomen-uchi
Ude kakae mae hiki otoshi: tsuki-chudan irimi en tenkan
Ude kakae sutemi: tsuki-chudan

Variante aanvallen: junte-dori / ryote-dori / ushiro-ryote-dori / tsuki-jodan / omote-yokomen-uchi

Henka waza: Tai waza

Mae hiki otoshi: tsuki-jodan
Te uchi mata gaeshi: tsuki-jodan
Koshi nage: ryote-dori



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Variante aanvallen: juji-jime / ryote-dori / ushiro-ryote-dori / omote-yokomen-uchi / shomen-uchi

Henka waza: Tobu waza

Hachi mawashi: dosokute-dori

Variante aanvallen: tsuki-chudan (irimi) / tsuki-jodan (ushiro-kubi-kansetsu)

Henka waza Ashi waza

Ko uchi gari: oi-zuki

Tokuchi waza: to no nage waza

ashi tori oshi taoshi	omote yokomen uchi
yuki-chigae	maki uchi
kote-gaeshi	maki-uchi
tembin-nage	o-gasumi
ura-mukae-daoshi	maki-uchi

Tanto no kata Aikijujusu-Yoseikan

Hiji kudaki	tsuki-chudan
Kote gaeshi	tsuki-chudan
Tembin nage	tsuki-chudan
Yuki chigae	tsuki-chudan
Hiji mage hikitate	tsuki-chudan
Hiki otoshi(irimi)	omote-yokomen-uchi
Kataha otoshi	omote-yokomen-uchi
Kannuki hikitate	omote-yokomen-uchi
Robuse	ura-yokomen-uchi
Hiji kudaki	ura-yokomen-uchi



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Randori

Free Randori against 2 attackers (tanto or tambo is possible)
Wa-no-seishin jo-waza 2 attackers

Sandan

Henka waza: Ude waza

Kataha otoshi: tsuki-chudan / sode-dori

Ura kataha otoshi: omote-yokomen-uchi (irimi) / ushiro-ryote-dori / junte-dori

Mae hiji kudaki: ushiro-uwate-dori / tsuki-chudan / ura-yokomen-uchi

Henka waza: Tai waza

Do gaeshi: tsuki-chudan / juji-jime / tsuki-chudan / omote-yokomen-uchi

Gyaku do gaeshi: tsuki-jodan

Henka waza: Tobu waza

Mae tobu nage: tsuki-chudan

Gyaku mae tobu nage: tsuki-jodan / omote-yokomen-uchi

Henka waza: Shime waza

Eri jime: tsuki-chudan / omote-yokomen-uchi

Hadaka-jime: tsuki-chudan

Henka waza: Hikitate waza

Kannuki hikitate: Junte-dori

Hiji mage hikitate: tsuki-jodan

Sutemi waza: Yoseikan i-kajo sutemi waza

kubi oshi sutemi	tsuki-chudan
hazu oshi sutemi	
Harite sutemi	
hiji kakae sutemi	
soto waki tori sutemi	
ude tomoe irimi sutemi	
motari komi sutemi	
Ushiro irimi kata garuma sutemi	
kataha jime sutemi	



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ura kataha sutemi	
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Ken-Ryu-No-Kata

Kote-gashi	Shomen-uchi
Kataha-otoshi	Tsuki-chudan (links)
Shiho-nage	Omote-yokomen-uchi
robuse	Shomen-uchi
Mukae-daoshi	Shomen-uchi
Do-gaeshi	Omote-yokomen-uchi
tsuki	kote
tsuki	Kote + o-gasumi
yokomen	Kesa-giri + men-uchi
Men-uchi	Kote
Men-uchi	Kubi
Men-uchi	Tori + kubi

Randori

Free Randori against 2 attackers (tanto or tambo is possible)

Yondan

Sutemi waza: Yoseikan ni-kajo sutemi waza

do gaeshi sutemi	tsuki-chudan
uchi maki komi sutemi	
o irimi tomoe sutemi	
kannuki oshi sutemi	
kannuki oshi sutemi (variation)	
kannuki hikitate sutemi	



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soto waki tori kubi oshi sutemi	
ushiro sutemi	

Sutemi waza: Yoseikan san-kajo sutemi waza

kubi daki sutemi	ura yokomen uchi + kesa gatame
tembin kata sutemi	omote yokomen uchi
kata-garuma sutemi	tsuki-jodan
kubi-dori sutemi	tsuki-chudan
ude-maki sutemi	ryo-sode-dori
hazu-oshi sutemi	dosokute-dori
uchi maki komi nage sutemi	ryote-dori – kannuki hikitate

Kata

Hyori-no-kata

Randori

Free Randori against 2 attackers (tanto or tambo is possible)