



財団法人古武道連盟
Zaidan Hojin Kobudo Renmei

Aikido Yoseikan Shiken Dashimono

Sho-dan

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

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

Henka waza: Kote waza

Kote gaeshi: junte-dori / dosokute dori / ushiro-ryote-dori / tsuki-chudan / ura-yokomen-uchi / omote-yokomen-uchi / shomen-uchi

Negi kote gaeshi: junte-dori / dosokute dori / ushiro-ryote-dori / tsuki-chudan / ura-yokomen-uchi / omote-yokomen-uchi / shomen-uchi

Yuki chigae: sode-dori / ushiro-ryote-dori / ushiro-kube-shime / tsuki-chudan / ura-yokomen-uchi /
shomen-uchi / dosokute dori / ryote dori / mae eri dori / ushiro kubi shime katate dori / tsuki jodan

Henka waza: Ude waza

Shiho nage: junte-dori / dosokute dori / ryote dori / shomen-uchi / ushiro-ryote-dori / mae eri dori / omote-yokomen-uchi

Tembin nage: junte-dori / dosokute dori / ryote dori / sode-dori / ushiro-ryote-dori / shomen-uchi / omote-yokomen-uchi / tsuki-chudan

Robuse: ura-yokomen-uchi / shomen-uchi / tsuki-chudan / junte dori / dosokute 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

Ushiro hiji kudaki: ura-yokomen-uchi / shomen-uchi / tsuki-chudan / junte dori / dosokute 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: Tai waza



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Mukae daoshi: ura-yokomen-uchi / tsuki-chudan / ushiro-eri-dori / ushiro ryote dori /
dosokute dori / junte dori / shomen uchi / tsuki jodan

Ushiro hiki otoshi: omote-yokomen-uchi (irimi) / tsuki-chudan (tenkan) / sode dori

Ushiro kata otoshi: omote-yokomen-uchi / tsuki-chudan

Suwari waza:

Kote gaeshi: shomen-uchi

Robuse: shomen-uchi

Mukae daoshi: shomen-uchi

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

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

Randori: Ju no randori against 2 attackers (tanto or tambo is possible)

Nidan

Henka waza: Kote waza

Gyaku kote gaeshi: junte-dori / dosokute dori / tsuki-chudan / omote-yokomen-uchi

Kote kudaki: junte-dori / dosokute-dori (ushiro-ukemi / hiji-kansetsu) / sode-dori / mae eri dori

Henka waza: Ude waza

Ura ude nage: ura-yokomen-uchi / shomen-uchi / tsuki-chudan / junte dori / dosokute dori /
ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata
dori / ushiro ryo sode dori / ushiro kubi shime katate dori

Juji garami: ryote-ippo-dori / ryote-dori / ushiro-ryote-dori

Ude garami: junte-dori / dosokute dori / ushiro-ryote-dori / tsuki-jodan / ura-yokomen-uchi

Ude kakae mae hiki otoshi: tsuki-chudan (irimi / tenkan)

Henka waza: Tai waza

Mae hiki otoshi: tsuki-jodan / omote-yokomen-uchi / shomen-uchi

Te uchi mata gaeshi: tsuki-jodan



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Koshi nage: ryote-dori / ushiro-ryote-dori / omote-yokomen-uchi

Kata

Emono waza: Tanto no kata:

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

Emono 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

Emono waza: Jo no nage waza:

Mukae daoshi	shomen uchi
Tembin nage	tsuki chudan
Juji garami	tsuki chudan
Kote gaeshi	tsuki chudan
Gyaku mae tobu nage	tsuki chudan

Emono waza: Jo no osae waza:

Ushiro hiji kudaki (hiji kansetsu)	tsuki chudan
Kote kudaki (hiji kansetsu)	tsuki chudan
Robuse (hiji kansetsu)	tsuki chudan
Ushiro eri jime (eri jime)	tsuki chudan

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



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

Randori: Ju no randori aiki-waza: unarmed and with tanto / tambo
Jo no randori nage waza: randori against jo

Sandan

Henka waza: Ude waza

Kataha otoshi: sode-dori / tsuki-chudan

Ura kataha otoshi: sode-dori / ushiro-ryote-dori / ushiro-kube-shime / tsuki-chudan / ura-yokomen-uchi /

shomen-uchi / dosokute dori / ryote dori /mae eri dori /ushiro kubi shime

katate dori

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

Henka waza: Tai waza

Do gaeshi: shomen-uchi / omote-yokomen-uchi / ura-yokomen-uchi / tsuki-chudan /
ushiro-eri-dori / dosokute dori / junte dori / shomen uchi / tsuki jodan / ushiro
ryote dori

Gyaku do gaeshi: tsuki-jodan

Henka waza: Tobu waza

Hachi mawashi: ura-yokomen-uchi / tsuki-chudan / ushiro-eri-dori / dosokute dori / junte dori
/ shomen uchi / tsuki jodan

Mae tobu nage: tsuki chudan / tsuki jodan / shomen uchi / omote yokomen uchi

Gyaku mae tobu nage: tsuki chudan / tsuki jodan / shomen uchi / omote yokomen uchi

Henka waza: Shime waza

Eri jime: tsuki chudan / tsuki jodan / shomen uchi / omote yokomen uchi

Kataha jime: tsuki chudan / shomen uchi / omote yokomen uchi

Henka waza: Hikitate waza



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Kannuki hikitate: dosokute dori / tsuki chudan / shomen uchi / omote yokomen uchi

Hiji mage hikitate: tsuki chudan / tsuki jodan

Kata:

Emono waza: Ken Ryu no Kata:

Kote gaeshi	Tsuki chudan
Ura kataha	Tsuki chudan
Shiho nage	Omote yokomen uchi
Robuse	Maki uchi
Mukae daoshi	Maki uchi
Do gaeshi	Men uchi

Tai Jutsu: Ken Ryu no Kata:

Tsuki chudan (migi)	Kote gaeshi
Tsuki chudan (hidari)	Ura kataha
Omote yokomen uchi (migi)	Shiho nage
Shomen uchi (migi)	Robuse
Shomen uchi (migi)	Mukae daoshi
Omote yokomen uchi (migi)	Do gaeshi

Wa-no-seishin(Aiki-nage): free

Canalisation (Aiki-nage) : free

Yondan

10 min Shodan, Nidan, Sandan

Kata: Hyori-no-kata

Randori: Tanto
Tambo
Jo
Ken