

# AIKIDO SEISHIN KAI

## 1st KYU GRADING SYLLABUS ( min 200 hrs )

NAME..... DATE..... CLUB.....

INSTRUCTOR..... GRADE..... HOURS PRACTICED.....

- KATATORI MENUCHI – 5 TECHNIQUES.....
- YOKOMENUCHI – 5 TECHNIQUES.....
- MOROTETORI – 5 TECHNIQUES.....
- SHOMENUCHI - 5 TECHNIQUES.....
- RYOTETORI - 5 TECHNIQUES.....
- KOSHINAGE - 5 TECHNIQUES.....
- HANMI – HANDACHI
- USHIRO WAZA - 5 TECHNIQUES.....

### WEAPONS

- BOKKEN SUBURI 1 - 7 .....
- JYO KATA 1 - 31 .....
- TANTO - TORI .....
- JYO WAZA.....
- JYO TORI .....
- RENZOKU UCHIKOMI WITH PARTNER.....
- TACHI - TORI.....

### RANDORI

- FUTARI - TORI ( 2 opponents ).....
- SANNIN - TORI ( 3 opponents ).....

### GENERAL COMMENTS

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