

# AIKIDO SEISHIN KAI

## 2nd KYU GRADING SYLLABUS ( min 150 hrs )

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

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

SHOMENUCHI SHIHONAGE .....

SHOMENUCHI KAITENNAGE.....

YOKOMENUCHI GOKYO.....

USHIRO TEKUBITORI SHIHONAGE.....

USHIRO TEKUBITORI JUJINAGE.....

USHIRO KUBISHIME KOSHINAGE.....

MOROTETORI NIKKYO.....

  

HANMI-HANDACHI

SHOMENUCHI IRIMINAGE.....

KATATETORI NIKKYO.....

YOKOMENUCHI KOTEGAESHI.....

  

**WEAPONS**

BOKKEN SUBURI 1 - 6 .....

JYO KATA 1 - 24 .....

TANTO - TORI .....

JYO WAZA.....

JYO TORI .....

  

**RANDORI**.....

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

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

### GENERAL COMMENTS

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