

# AIKIDO SEISHIN KAI

## 3rd KYU GRADING SYLLABUS ( min 100 hrs )

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

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

YOKOMENUCHI IRIMINAGE ( 2 WAYS ).....

YOKOMENUCHI KOTEGAESHI.....

TSUKI KAITENNAGE.....

USHIRO RYOKATATORI SANKYO ( OMOTE & URA ).....

MOROTETORI IRIMINAGE ( 2 WAYS ).....

SHOMENUCHI SANKYO ( OMOTE & URA ).....

SUWARI WAZA:

SHOMENUCHI IRIMINAGE.....

SHOMENUCHI NIKKYO ( OMOTE & URA ).....

HANMI-HANDACHI :

KATATETORI SHIHONAGE.....

KATATETORI KAITENNAGE ( UCHI & SOTO MAWARI ).....

**WEAPONS**

BOKKEN SUBURI 1 - 5 .....

JYO KATA 1 - 18 .....

TANTO - TORI .....

JYO WAZA.....

JYO TORI .....

**GENERAL COMMENTS**

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