

AIKIDO SEISHIN KAI

1st KYU JUNIOR GRADING SYLLABUS (min 90 hrs)

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

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

TACHIWAZA

KATATORI SHOMEN – 5 TECHNIQUES.....

YOKOMENUCHI – 5 TECHNIQUES.....

MOROTETORI – 5 TECHNIQUES.....

SHOMENUCHI - 5 TECHNIQUES.....

RYOTETORI - 5 TECHNIQUES.....

SUWARIWAZA

KOKYU HO.....

WEAPONS

BOKKEN SUBURI 1 – 7.....

JYO KATA 1 - 31.....

TANTO - TORI.....

JYO WAZA.....

JYO TORI.....

GENERAL COMMENTS

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