

AIKIDO SEISHIN KAI

3rd KYU JUNIOR GRADING SYLLABUS (min 70 hrs)

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

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

TACHIWAZA

- SHOMENUCHI IKKYO.....
- SHOMENUCHI NIKKYO.....
- SHOMENUCHI SANKYO.....
- SHOMENUCHI YONKYO.....
- SHOMENUCHI IRIMI-NAGE.....
- SHOMENUCHI KOTE GAESHI.....
- RYOTE DORI SHIHONAGE.....
- RYOTE DORI TENCHINAGE.....
- YOKOMEN UCHI SHIHONAGE.....
- CHUDAN TSUKI IRIMINAGE.....
- CHUDAN TSUKI KOTEGAESHI.....

SUWARI WAZA

- KOKYU HO.....
- SHOMEN UCHI IKKYO.....
- SHOMEN UCHI NIKKYO.....
- SHOMEN UCHI SANKYO.....
- SHOMEN UCHI YONKYO.....

ALL TECHNIQUES MUST BE PERFORMED OMOTE & URA

WEAPONS

- BOKKEN SUBURI 1 – 5.....
- JYO KATA 1 – 18.....

GENERAL COMMENTS

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