

Aikido Techniques

Sabaki

1. Ashi-Sabaki - [Tai no Henko Ichi and Ni, Hiriki no Yosei Ichi and Ni, Mae Mawari Kaiten, Ushiro Mawari Kaiten, Shumatso Dosa Ichi and Ni]
2. Ashi Sabaki Form
3. So Tai A, B, C
4. Shikko

Ukemi

1. Migi/Hidari Ukemi [with rear foot straight or bent]
2. Migi /Hidari Ushiro Ukemi [with rear foot straight or bent]
3. Migi/Hidari Hiyaku Ukemi [Jump]
4. Combination Ichi – [Seiza and 2 Koten Backroll]
5. Combination Ni- [Zenten, Koten, Sokuten, Ukemi, Ushiro Ukemi, Hiyaku Ukemi]

Waza

1. **Ikkajo-** Basic Crosswrist then add take down and pin, Shouldergrab (Omote, Ura), Shomen Uchi (Omote, Ura) Gaiden- Suwari Waza, 2 way w. sword, w. jo, w. kick, using elbow/forearm from lapel/elbow/wrist, ushido morote mochi, add sweep
2. **Nikajo-** Basic Crosswrist then add take down and pin, Outside wrist grab (Omote, Ura), Shomen Uchi (Omote, Ura). Gaiden- Suwari Waza, w. swordhandle, from elbow/shoulder/lapel grab,
3. **Sankajo-** Basic Ura into lock then add take down and pin, Shomen Uchi Omote. Gaiden- Suwari Waza, w. sword, ushido morote mochi, control hold, using the fingers from shomen uchi or grabbing fingers
4. **Shihonage-** Omote, Ura, Yokomen Uchi. Gaiden- Suwari Waza, upward block and strike tricep, w. koshi nage/taiotoshi, rip elbow backward
5. **Yonkajo-** Shomen Uchi Omote, Morote mochi Ura. Gaiden- Suwari Waza using top of wrist, grab wrist and extend forward and taiotoshi or back and trip, block + go under with both wrist
6. **Hijiate-** Control hold, Omote, Ura. Gaiden- Both wrists, sword, lapel, quick break
7. **Iriminage-** Shomen Uchi with full turn, Shomen Uchi with 3/4 turn, Sankaku, Gaiden- Suwari Waza, Yokomen Uchi, tsuba zeri, soft cross wrist grab, w. knife, to rear, Shomen Uchi and go under uke's arm, break uke over knee, with choke
8. **Sokumen Iriminage-** rear elbow/shoulder/wrist grab, tsuki, ushido morote mochi. Gaiden- go under straight strike, grab belt, tsuba zeri, grab groin w. both hands, fig 4 into sokumen, break back, follow retreating step
9. **Kotegaeshi** - Omote, Ura 2 ways, Tsuki, Tekubi Tori, Ushiro morote mochi. Gaiden- Suwari Waza, Yokomen Uchi, from handshake
10. **Udegarami-** Small Circle, Big Circle, Crosswrist and elbowstrike
11. **Kaiten Nage-** Tsuki with small circle, Omote, Ura. Gaiden- w. saya
12. **Ten Chi Nage-** Morote mochi (Omote, Ura), Suwari Waza, From Roundhouse punch, Gaiden- Suwari Waza with throat and arm break pin, 1 step, no step
13. **Hijikime-** Omote, Ura. Gaiden- from counter to ikkajo, w. jo

14. **Hijishime**- Outside wrist grab, Shomen Uchi locking only arm. Gaiden- Suwari Waza, to ground
15. **Kokyū-nage**- 2 hand wrist grab (aiki nage), from yoko (under arm or cup head), kneeling, add Foot
16. **Jujinage**- simple, complex, Gaiiden- shiho nage, 2 person, across neck
17. **Futari-dori**- see 2 person Jujinage, , 2 person nikajo, 2 hand grasp aikinage (forward)
- 18. Yama Arashi**

Gaiden

1. **Gokajo**- standing control hold, pin
2. **Ushironage**- tsuki, reach for sword, use helmet
3. **Koshinage**- diagonal, hips only, isami tasuke nage
4. **Tai Otoshi**- from kokyunage, yonkajo, shihonage, kotegaeshi
5. **Yubi Waza**- variations

Renzoku no Waza- Combinations

1. Ryote Mochi (soft and hard)- [Sankajo; Kaiten nage; turn + Ikkajo] Jokyu- from double sleeve grabs, shoulder, and elbow grabs, with turn
2. Katate Mochi (soft and hard)- [turn + Nikajo, Yonkajo, Sankajo, Shihonage, Hijiate] Jokyu- with turn, from outside wrist grab
3. Tsuki (katate mochi)- [Kotegaeshi; Sokumen; Shomen irimi; Ushironage, Ikkajo] Jokyu- knife, straight punch, no step
4. Shomen Uchi (Yokomen Uchi outside) – [Kotegaeshi, Ude Garami, Kokyunage, Iriminage Sankajo, Kaitenage] Jokyu- straight punch, knife, stick, sword
5. Jo (morote mochi) – [Yonkajo, Kaiten Nage, Nikajo, Hijikime, Iriminage, Shihonage, Kokyunage, Sokumen, Hijiate Hidari] Jokyu- soft + hard {learn extend into jo, move hard two hand grip}
6. Yokomen Uchi Inside (advanced turn) – [Hijiate, Sokumen, Kotegaeshi, Iriminage, Shihonage, Hijishime] Jokyu- shomen uchi, no turn, roundhouse punch, knife, stick
7. Shomen Uchi Advanced – [Shihonage + Kotegaeshi+ Ikkajo, Jujinage, Sankajo + Tai Otoshi]
8. Push/Pull Set 1 &2
9. Club and Knife Set 1 & 2
10. Gun- basic and advanced

Happo Zanshin- Awareness in all directions

Goshin Waza- Self defense techniques from entries from cover

Jiyu Waza- Freestyle- Moving and stationary, Katatemochi, Tsuki, Shomenuchi, Yokomenuchi, Jo, 2 and 3 attackers, Random attack

Gaiden

- 1) Continous Throwing – [5 or 10 Times Sankajo, Shihonage, Kotegaeshi]
- 2) Jo counters – [Hijiate, Sokumen, Ikkajo]
- 3) Kaeshi Waza- One for One