



合気柔術養正館

Aikido – Yoseikan

Aikido Yoseikan Examination

Aikido Aikijujutsu Yoseikan Examination 12 Kyu

Физическая подготовка:
стандартный Ф.Б. по 10 раз

Отжимания от пола
Прогибы в спине
Полный присед
Подъёмы туловища

UKEMI

3 вида перекатов

ATEMI - WAZA
Heyko Dachi

Tsuki
Maе Geri

Aikido Aikijujutsu Yoseikan Examination 11 Kyu

Физическая подготовка:
стандартный Ф.Б. по 10 раз

Отжимания от пола
Прогибы в спине
Полный присед
Подъёмы туловища

UKEMI

3 вида перекатов
Страховка падения на спину (сидя)
Страховка падения на бок (сидя)
Страховка падения вперёд (сидя)

ATEMI - WAZA
Heyko Dachi

Tsuki Chudan
Uraken Uchi
Hidza Geri
Maе Geri
Mawashi Geri

Aikido Aikijujutsu Yoseikan Examination 10 Kyu

Физическая подготовка: стандартный Ф.Б. по 15 раз

Отжимания от пола
Прогибы в спине
Полный присед
Подъёмы туловища

УКЕМИ

3 вида перекатов
Страховка падения на спину
Страховка падения на бок
Страховка падения вперёд

Камае

Heyko Dach
Migi Kamae
Hidari Kamae

Передвижения

Nagashi

АТЕМИ - WAZA

Heyko Dach

Tsuki Chudan
Uraken Uchi
Hidza Geri
Mae Geri
Mawashi Geri

ТАУДЖУТСУ

Освобождения от захватов

Junte Dori
Dosokute Dori
Riote Ippo Dori
Riote Dori
Mae Eri Dori

Освобождения от захватов с ударами

Junte Dori – Uraken Uchi
Dosokute Dori – Gyaku Tsuki
Riote Ippo Dori – Mae Geri
Riote Dori – Hidza Geri
Mae Eri Dori – Mawashi Geri

Aikido Aikijujutsu Yoseikan Examination 9 Kyu

Физическая подготовка: стандартный Ф.Б. по 15 раз

Отжимания от пола
Прогибы в спине
Полный присед
Подъёмы туловища

УКЕМИ

3 вида перекатов
Страховка падения на спину
Страховка падения на бок
Страховка падения вперёд
Мае Ukemi

Передвижения

Nagashi
Hiraki

АТЕМИ - WAZA

Heyko Dachi

Tsuki Chudan
Uraken Uchi
Hidza Geri
Mae Geri
Mawashi Geri

ТАУЈУТСУ

Освобождения от захватов

Освобождения от захватов с ударами

Junte Dori – Uraken Uchi
Dosokute Dori – Gyaku Tsuki
Riote Ippo Dori – Mae Geri
Riote Dori – Hidza Geri
Mae Eri Dori – Mawashi Geri

Junte Dori – Kote Gaeshi
Dosokute Dori – Hiki Otoshi Irimi
Riote Ippo Dori – Robuse
Riote Dori – Ushiro Kata Otoshi
Mae Eri Dori – Hiji Kudaki

Aikido Aikijujutsu Yoseikan Examination 8 Kyu

Физическая подготовка: стандартный Ф.Б. по 20 раз

Отжимания от пола
Прогибы в спине
Полный присед
Подъёмы туловища

| | |
|---|---|
| УКЕМИ 3 вида перекатов Страховка падения на спину Страховка падения на бок Страховка падения вперёд Mae Ukemi Ushiro Ukemi | Передвижения Nagashi Hiraki Irimi |
|---|---|

АТЕМИ - WAZA

| | | | |
|---|--|---|---|
| Неуко Dachi Atemi Tsuki Chudan Uraken Uchi Hidza Geri Mae Geri Mawashi Geri | Удары в стойке Камае Kizame Tsuki Gyaku Tsuki Hidza Geri Mae Geri Mawashi Geri | Комбинации ударов Kizame Tsuki, Gyaku Tsuki | Удары в движении Oi Tsuki Chudan Shomen Uchi |
|---|--|---|---|

ТАУДЖУТСУ

Освобождения от захватов

Освобождения от захватов с ударами

Junte Dori – Uraken Uchi
Dosokute Dori – Gyaku Tsuki
Riote Ippo Dori – Mae Geri
Riote Dori – Hidza Geri
Mae Eri Dori – Mawashi Geri

Junte Dori – Kote Gaeshi
Dosokute Dori – Hiki Otoshi Irimi
Riote Ippo Dori – Robuse
Riote Dori – Ushiro Kata Otoshi
Mae Eri Dori – Hiji Kudaki

Tsuki Chudan – Kote Gaeshi
Tsuki Chudan – Hiki Otoshi Irimi
Tsuki Chudan – Robuse
Tsuki Chudan – Ushiro Kata Otoshi
Tsuki Chudan – Hiji Kudaki

Aiki-Nage

Junte Dori

Aikido Aikijujutsu Yoseikan Examination 7 Kyu

Физическая подготовка:
стандартный Ф.Б. по 20 раз

Отжимания от пола
Прогибы в спине
Полный присед
Подъёмы туловища

| | |
|---|---|
| <p>УКЕМИ 3 вида перекатов Страховка падения на спину Страховка падения на бок Страховка падения вперёд Mae Ukemi Ushiro Ukemi Yoko Ukemi</p> | <p>Передвижения Nagashi Hiraki Irimi O-Irimi</p> |
|---|---|

АТЕМИ - WAZA

| | | | |
|--|--|---|---|
| <p>Heyko Dachi Atemi Tsuki Chudan Uraken Uchi Hidza Geri Mae Geri Mawashi Geri</p> | <p>Удары в стойке Катае Kizame Tsuki Gyaku Tsuki Hidza Geri Mae Geri Mawashi Geri</p> | <p>Комбинации ударов Kizame Tsuki, Gyaku Tsuki Kizame Tsuki, Gyaku Tsuki, Hidza Geri Kizame Tsuki, Gyaku Tsuki, Mae Geri Kizame Tsuki, Gyaku Tsuki, Mawashi Geri</p> | <p>Удары в движении Oi Tsuki Chudan Shomen Uchi Kizame Tsuki Mae Geri Mawashi Geri</p> |
|--|--|---|---|

ТАУДЖУТСУ

Освобождения от захватов

Освобождения от захватов с ударами

Junte Dori – Uraken Uchi
Dosokute Dori – Gyaku Tsuki
Riote Ippo Dori – Mae Geri
Riote Dori – Hidza Geri
Mae Eri Dori – Mawashi Geri

| | | |
|---|---|--|
| <p>Junte Dori – Kote Gaeshi Dosokute Dori – Hiki Otoshi Irimi Riote Ippo Dori – Robuse Riote Dori – Ushiro Kata Otoshi Mae Eri Dori – Hiji Kudaki</p> | <p>Tsuki Chudan – Kote Gaeshi Tsuki Chudan – Hiki Otoshi Irimi Tsuki Chudan – Robuse Tsuki Chudan – Ushiro Kata Otoshi Tsuki Chudan – Hiji Kudaki</p> | <p>Shomen Uchi – Kote Gaeshi Shomen Uchi – Hiki Otoshi Irimi Shomen Uchi – Robuse Shomen Uchi – Ushiro Kata Otoshi Shomen Uchi – Hiji Kudaki</p> |
|---|---|--|

Aiki-Nage

Junte Dori (2 варианта)

Aikido Yoseikan Examination 6 Kyu

Tai-Sabaki With Partner: Nagashi \ Hiraki \ Irimi \ O-Irimi \ O-Irimi-Senkai
Ukemi-Waza: Mae Ukemi \ Ushiro Ukemi \ Yoko Ukemi \ Yoko Ukemi Tai Otoshi

Henka Waza: Kote Waza

Kote Gaeshi: Junte Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Yuki Chigae: Dosokute Dori

Kote Kudaki: Junte Dori \ Dosokute Dori

Henka Waza: Ude Waza

Robuse: Junte Dori \ Dosokute Dori \ Riote Ippo Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Hiji Kudaki: Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Henka Waza: Tai Waza

Hiki Otoshi Irimi: Dosokute Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Ushiro Kata Otoshi: Riote Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Aiki-Nage

Junte Dori (2 варианта)

Riote Dori

Aikido Yoseikan Examination 5 Kyu

Henka Waza: Kote Waza

Kote Gaeshi: Junte Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi
Yuki Chigae: Dosokute Dori \ Mae Eri Dori \ Sode Dori
Kote Kudaki: Junte Dori \ Dosokute Dori

Henka Waza: Ude Waza

Robuse: Junte Dori \ Dosokute Dori \ Riote Ippo Dori \ Mae Eri Dori \ Sode Dori \ Tsuki Chudan \ Shomen Uchi
Hiji Kudaki: Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi
Ushiro Hiji Kudaki: Junte Dori \ Dosokute Dori
Tembin Nage: Dosokute Dori

Henka Waza: Tai Waza

Hiki Otoshi Irimi: Dosokute Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi
Ushiro Kata Otoshi: Riote Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Te Hodoki Kihon Kata:

Junte Dori
Dosokute Dori
Gyakute Dori

Aiki-Nage

Junte Dori (2 варианта)
Riote Dori
Ushiro Riote Dori

Aikido Yoseikan Examination 4 kyu

Henka Waza: Kote Waza

Kote Gaeshi: Junte Dori \ Dosokute Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi
Negi Kote Gaeshi: Junte Dori \ Dosokute Dori
Yuki Chigae: Dosokute Dori \ Mae Eri Dori \ Sode Dori
Kote Kudaki: Junte Dori \ Dosokute Dori

Henka Waza: Ude Waza

Hiji Kudaki: Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi
Ushiro Hiji Kudaki: Junte Dori \ Dosokute Dori \ Mae Eri Dori \ Sode Dori
Shiho Nage: Junte Dori \ Dosokute Dori
Robuse: Junte Dori \ Dosokute Dori \ Riote Ippo Dori \ Riote Dori \ Mae Eri Dori \ Sode Dori \
Tsuki Chudan \ Shomen Uchi
Tembin Nage: Dosokute Dori

Mukae Daoshi: Dosokute Dori
Hiki Otoshi Irimi: Dosokute Dori \ Tsuki Chudan \ Shomen Uchi
Ushiro Kata Otoshi: Riote Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Te Hodoki Kihon Kata:

Junte Dori
Dosokute Dori
Gyakute Dori
Riote Ippo Dori
Riote Dori
Mae Eri Dori
Sode Dori

Aiki-Nage

Junte Dori (2 варианта)
Riote Dori
Ushiro Riote Dori
Riote Ippo Dori

Free Randori 1 Attackers

Aikido Yoseikan Examination 3 kyu

Henka Waza: Kote Waza

Kote Gaeshi: Junte Dori \ Dosokute Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi \ Ura Yokomen Uchi
Negi Kote Gaeshi: Junte Dori \ Dosokute Dori \ Tsuki Chudan \ Shomen Uchi \ Ura Yokomen Uchi
Yuki Chigae: Dosokute Dori \ Sode Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi \ Ura Yokomen Uchi
Kote Kudaki: Junte Dori \ Dosokute Dori

Henka Waza: Ude Waza

Shiho Nage: Junte Dori \ Dosokute Dori \ Omote Yokomen Uchi
Tembin Nage: Dosokute Dori \ Omote Yokomen Uchi
Robuse: Junte Dori \ Dosokute Dori \ Riote Ippo Dori \ Riote Dori \ Mae Eri Dori \ Sode Dori \ Tsuki Chudan \ Shomen Uchi \ Ura Yokomen Uchi
Ushiro Hiji Kudaki: Junte Dori \ Dosokute Dori \ Mae Eri Dori \ Sode Dori \ Tsuki Chudan \ Shomen Uchi \ Ura Yokomen Uchi
Hiji Kudaki: Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Henka Waza: Tai Waza

Mukae Daoshi: Dosokute Dori \ Tsuki Chudan \ Shomen Uchi
Hiki Otoshi Irimi: Dosokute Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi
Ushiro Kata Otoshi: Riote Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Te Hodoki Kihon Kata:

| | |
|-----------------|-------------------------------|
| Junte Dori | Ushiro Eri Dori |
| Dosokute Dori | Ushiro Rio Kata Dori |
| Gyakute Dori | Ushiro Rio Sode Dori |
| Riote Ippo Dori | Ushiro Shitate Dori |
| Riote Dori | Ushiro Uwate Dori |
| Mae Eri Dori | Ushiro Kubi Shime Katate Dori |
| Sode Dori | |

Aiki-Nage

Junte Dori (2 варианта)
Ushiro Riote Dori
Riote Ippo Dori
Riote Dori (2 варианта)

Free Randori 1 Attackers

Aikido Yoseikan Examination 2 Kyu

Hojo-Undo: Negi-Gaeshi \ Nigiri-Gaeshi \ Oshi-Gaeshi \ Shinogi \ Tsuppari
Aiki-Nage: Junte Dori \ Riote Dori (2 Forms) \ Riote Ippo Dori \ Ushiro Riote Dori
Tsuki Chudan \ Ura Yokomen Uchi \ Omote Yokomen Uchi

Henka Waza: Kote Waza

Kote Gaeshi: Junte Dori \ Dosokute Dori \ Mae Eri Dori \ Ushiro Riote Dori \ Tsuki Chudan \ Shomen Uchi \
Ura Yokomen Uchi
Negi Kote Gaeshi: Junte Dori \ Dosokute Dori \ Ushiro Riote Dori \ Tsuki Chudan \ Shomen Uchi \\
Ura Yokomen Uchi
Yuki Chigae: Dosokute Dori \ Mae Eri Dori \ Sode Dori \ Ushiro Riote Dori \ Tsuki Chudan \ Shomen Uchi \\
Ura Yokomen Uchi
Kote Kudaki: Junte Dori \ Dosokute Dori

Henka Waza: Ude Waza

Robuse: Junte Dori \ Dosokute Dori \ Riote Ippo Dori \ Sode Dori \ Mae Eri Dori \\
Riote Dori \ Ushiro Rio Kata Dori \ Ushiro Rio Sode Dori \ Ushiro Riote Dori \\
Tsuki Chudan \ Shomen Uchi \ Ura Yokomen Uchi
Ushiro Hiji Kudaki: Junte Dori \ Dosokute Dori \ Mae Eri Dori \ Sode Dori \ Ushiro Rio Kata Dori \\
Ushiro Rio Sode Dori \ Ushiro Riote Dori \ Tsuki Chudan \ Shomen Uchi \\
Ura Yokomen Uchi
Shiho Nage: Junte Dori \ Dosokute Dori \ Omote Yokomen Uchi \ Ushiro Riote Dori
Tembin Nage: Dosokute Dori \ Ushiro Riote Dori \ Omote Yokomen Uchi
Hiji Kudaki: Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Henka Waza: Tai Waza

Mukae Daoshi: Dosokute Dori \ Ushiro Riote Dori \ Tsuki Chudan \ Shomen Uchi
Hiki Otoshi Irimi: Dosokute Dori \ Tsuki Chudan \ Shomen Uchi
Ushiro Kata Otoshi: Riote Dori \ Mae Eri Dori \ Tsuki Chudan \ Shomen Uchi

Te Hodoki Kihon Kata:

| | |
|-----------------|-------------------------------|
| Junte Dori | Ushiro Eri Dori |
| Dosokute Dori | Ushiro Rio Kata Dori |
| Gyakute Dori | Ushiro Rio Sode Dori |
| Riote Ippo Dori | Ushiro Shitate Dori |
| Riote Dori | Ushiro Uwate Dori |
| Mae Eri Dori | Ushiro Kubi Shime Katate Dori |
| Sode Dori | |

Free Randori 1 Attackers

Aikido Yoseikan Examination 1 kyu

Tai-Sabaki With Partner: Nagashi / Hiraki / Irimi / O-Irimi / O-Irimi-Senkai
Ukemi-Waza: Mae Ukemi / Ushiro Ukemi / Yoko Ukemi / Yoko Ukemi Tai Otoshi

Henka Waza: Kote Waza

Kote Gaeshi: Junte Dori / Dosokute Dori / Ushiro Riote Dori / Tsuki Chudan / Shomen Uchi / Omote Yokomen Uchi / Ura Yokomen Uchi

Negi Kote Gaeshi: Junte Dori / Dosokute Dori / Ushiro Riote Dori / Tsuki Chudan / Shomen Uchi / Ura Yokomen Uchi / Omote Yokomen Uchi

Yuki Chigae: Dosokute Dori / Mae Eri Dori / Sode Dori / Ushiro Riote Dori / Riote Dori / Ushiro Kubi Shime Katate Dori / Tsuki Chudan / Tsuki Jodan / Shomen Uchi / Ura Yokomen Uchi

Henka Waza: Ude Waza

Shiho Nage: Junte Dori / Dosokute Dori / Riote Dori / Mae Eri Dori / Ushiro Riote Dori / Shomen Uchi / Omote Yokomen Uchi

Tembin Nage: Junte Dori / Dosokute Dori / Riote Dori / Sode Dori / Ushiro Riote Dori / Tsuki Chudan / Shomen Uchi / Omote Yokomen Uchi

Robuse: Junte Dori / Dosokute Dori / Riote Ippo Dori / Riote Dori / Mae Eri Dori / Sode Dori / Ushiro Eri Dori / Ushiro Rio Kata Dori / Ushiro Rio Sode Dori / Ushiro Shitate Dori / Ushiro Uwate Dori / Ushiro Kubi Shime Katate Dori / Tsuki Chudan / Shomen Uchi / Ura Yokomen Uchi

Ushiro Hiji Kudaki: Junte Dori / Dosokute Dori / Riote Ippo Dori / Riote Dori / Mae Eri Dori / Sode Dori / Ushiro Eri Dori / Ushiro Rio Kata Dori / Ushiro Rio Sode Dori / Ushiro Shitate Dori / Ushiro Uwate Dori / Ushiro Kubi Shime Katate Dori / Tsuki Chudan / Shomen Uchi / Ura Yokomen Uchi /

Henka Waza: Tai Waza

Mukae Daoshi: Junte Dori / Dosokute Dori / Ushiro Eri Dori / Ushiro Riote Dori / Tsuki Chudan / Tsuki Jodan / Shomen Uchi / Ura Yokomen Uchi

Ushiro Hiki Otoshi: Sode Dori / Tsuki Chudan (Tenkan) / Omote Yokomen Uchi (Irimi)

Ushiro Kata Otoshi: Tsuki Chudan / Omote Yokomen Uchi

Suware Waza:

Suware Waza no Kata

Junte Dori
 Riote Dori
 Mae Eri Dori Men Uchi
 Riote Kubi Shime

Wa-No-Seishin (Aiki-Nage): Junte / Riote Dori (2 Forms) / Riote Ippo Dori / Ushiro Riote Dori
Canalisation (Aiki-Nage): Tsuki Chudan / Omote Yokomen Uchi / Ura Yokomen Uchi

Te Hodoki Kihon Kata:

| | |
|-----------------|-------------------------------|
| Junte Dori | Ushiro Eri Dori |
| Dosokute Dori | Ushiro Rio Kata Dori |
| Gyakute Dori | Ushiro Rio Sode Dori |
| Riote Ippo Dori | Ushiro Shitate Dori |
| Riote Dori | Ushiro Uwate Dori |
| Mae Eri Dori | Ushiro Kubi Shime Katate Dori |
| Sode Dori | |

Randori: Ju No Randori Against 2 Attackers (Tanto Or Tambo Is Possible)

Aikido Yoseikan Examination Shodan

Tai-Sabaki With Partner: Nagashi / Hiraki / Irimi / O-Irimi / O-Irimi-Senkai
Ukemi Waza: Mae Ukemi / Ushiro Ukemi / Yoko Ukemi / Yoko Ukemi Tai Otoshi

Henka Waza: Kote Waza

Kote Gaeshi: Junte Dori / Dosokute Dori / Ushiro Riote Dori / Tsuki Chudan / Shomen Uchi /
Omote Yokomen Uchi / Ura Yokomen Uchi

Negi Kote Gaeshi: Junte Dori / Dosokute Dori / Ushiro Riote Dori / Tsuki Chudan / Shomen Uchi /
Omote Yokomen Uchi / Ura Yokomen Uchi

Yuki Chigae: Dosokute Dori / Riote Dori / Mae Eri Dori / Sode Dori / Ushiro Riote Dori /
Ushiro Kubi Shime Katate Dori / Tsuki Chudan / Tsuki Jodan / Ura Yokomen Uchi /
Shomen Uchi /

Henka Waza: Ude Waza

Shiho Nage: Junte Dori / Dosokute Dori / Riote Dori / Mae Eri Dori / Ushiro Riote Dori / Shomen Uchi /
Omote Yokomen Uchi

Tembin Nage: Junte Dori / Dosokute Dori / Riote Dori / Sode Dori / Ushiro Riote Dori / Tsuki Chudan /
Shomen Uchi / Omote Yokomen Uchi

Robuse: Junte Dori / Dosokute Dori / Riote Ippo Dori / Riote Dori / Mae Eri Dori / Sode Dori /
Ushiro Eri Dori / Ushiro Rio Kata Dori / Ushiro Rio Sode Dori / Ushiro Shitate Dori /
Ushiro Uwate Dori / Ushiro Kubi Shime Katate Dori / Tsuki Chudan / Shomen Uchi /
Ura Yokomen Uchi

Ushiro Hiji Kudaki: Junte Dori / Dosokute Dori / Riote Ippo Dori / Riote Dori / Mae Eri Dori / Sode Dori /
Ushiro Eri Dori / Ushiro Rio Kata Dori / Ushiro Rio Sode Dori / Ushiro Shitate Dori /
Ushiro Uwate Dori / Ushiro Kubi Shime Katate Dori / Tsuki Chudan / Shomen Uchi /
Ura Yokomen Uchi

Henka Waza: Tai Waza

Mukae Daoshi: Junte Dori / Dosokute Dori / Ushiro Eri Dori / Ushiro Riote Dori / Tsuki Chudan /
Shomen Uchi / Ura Yokomen Uchi

Ushiro Hiki Otoshi: Sode Dori / Tsuki Chudan (Tenkan) / Omote Yokomen Uchi (Irimi)

Ushiro Kata Otoshi: Tsuki Chudan / Omote Yokomen Uchi

Suware Waza:

Suware Waza no Kata

Junte Dori
Riote Dori
Mae Eri Dori Men Uchi
Riote Kubi Shime

Wa-No-Seishin (Aiki-Nage): Junte / Riote Dori (2 Forms) / Riote Ippo Dori / Ushiro Riote Dori

Canalisation (Aiki-Nage): Tsuki Chudan / Omote Yokomen Uchi / Ura Yokomen Uchi

Randori: Ju No Randori Against 2 Attackers (Tanto Or Tambo Is Possible)

Aikido Yoseikan Examination Nidan

Henka Waza:

Kote Waza

Gyaku Kote Gaeshi:

Junte Dori / Dosokute Dori / Tsuki Chudan / Omote Yokomen Uchi

Kote Kudaki:

Junte Dori / Dosokute Dori (Ushiro Ukemi / Kata Kansetsu) / Mae Eri Dori / Sode Dori

Henka Waza:

Ude Waza

Ura Ude Nage:

Junte Dori / Dosokute Dori / Riote Ippo Dori / Riote Dori / Mae Eri Dori / Sode Dori / Ushiro Eri Dori / Ushiro Rio Kata Dori / Ushiro Rio Sode Dori / Ushiro Kubi Shime Katate Dori / Tsuki Chudan / Shomen Uchi / Ura Yokomen Uchi

Juji Garami:

Riote Ippo Dori / Riote Dori / Ushiro Riote Dori

Ude Garami:

Junte Dori / Dosokute Dori / Ushiro Riote Dori / Tsuki Jodan / Ura Yokomen Uchi

Ude Kakae Mae Hiki Otoshi:

Tsuki Chudan (Irimi / Tenkan)

Henka Waza:

Tai Waza

Mae Hiki Otoshi:

Tsuki Jodan / Shomen Uchi / Omote Yokomen Uchi

Te Uchi Mata Gaeshi:

Tsuki Jodan

Koshi Nage:

Riote Dori / Ushiro Riote Dori / Omote Yokomen Uchi

Kata

Emono Waza: Tanto No Kata:

| | |
|-----------------------|--------------------|
| Hiji Kudaki | Tsuki Chudan |
| Kote Gaeshi | Tsuki Chudan |
| Tembin Nage | Tsuki Chudan |
| Yuki Chigae (Irimi) | Tsuki Chudan |
| Hiji Mage Hiki Tate | Tsuki Chudan |
| Hiki Otoshi (Irimi) | Omote Yokomen Uchi |
| Kataha Otoshi (Irimi) | Omote Yokomen Uchi |
| Kannuki Hikitate | Omote Yokomen Uchi |
| Robuse | Ura Yokomen Uchi |
| Hiji Kudaki | Ura Yokomen Uchi |

Emono Waza: To No Nage Waza:

| | |
|-----------------------|--------------------|
| Ashi Tori Oshi Taoshi | Omote Yokomen Uchi |
| Yuki Chigae | Maki Uchi |
| Kote Gaeshi | Maki Uchi |
| Tembin Nage | O Gasumi |
| Ura Mukae Daoshi | Maki Uchi |

Emono Waza: Jo No Nage Waza:

| | |
|---------------------|--------------|
| Mukae Daoshi | Shomen Uchi |
| Tembin Nage | Tsuki Chudan |
| Juji Garami | Tsuki Chudan |
| Kote Gaeshi | Tsuki Chudan |
| Gyaku Mae Tobu Nage | Tsuki Chudan |

Emono Waza: Jo No Osae Waza:

| | |
|------------------------------------|--------------|
| Ushiro Hiji Kudaki (Hiji Kansetsu) | Tsuki Chudan |
| Kote Kudaki (Hiji Kansetsu) | Tsuki Chudan |
| Robuse (Hiji Kansetsu) | Tsuki Chudan |
| Ushiro Eri Jime (Eri Jime) | Tsuki Chudan |

Wa-No-Seishin (Aiki-Nage):

Junte / Riote Dori (2 Forms) / Riote Ippo Dori / Ushiro Riote Dori

Canalisation (Aiki-Nage):

Tsuki Chudan / Ura Yokomen Uchi / Omote Yokomen Uchi

Randori:

Ju No Randori Aiki-Waza: Unarmed And With Tanto / Tambo

Aikido Yoseikan Examination Sandan

Henka Waza:

Ude Waza

Kataha Otoshi:

Sode Dori / Tsuki Chudan

Ura Kataha Otoshi:

Dosokute Dori / Sode Dori / Riote Dori / Mae Eri Dori / Ushiro Riote Dori /
Ushiro Kubi Shime Katate Dori / Tsuki Chudan / Shomen Uchi /
Ura Yokomen Uchi

Mae Hiji Kudaki:

Ushiro Uwate Dori / Tsuki Chudan / Ura Yokomen Uchi

Henka Waza:

Tai Waza

Do Gaeshi:

Junte Dori / Dosokute Dori / Ushiro Eri Dori / Ushiro Riote Dori / Shomen Uchi / Omote
Yokomen Uchi / Ura Yokomen Uchi / Tsuki Chudan / Tsuki Jodan

Gyaku Do Gaeshi:

Tsuki Jodan

Henka Waza:

Tobu Waza

Hachi Mawashi:

Junte Dori / Dosokute Dori / Ushiro Eri Dori / Ura Yokomen Uchi / Tsuki Chudan /
Tsuki Jodan / Shomen Uchi

Mae Tobu Nage:

Tsuki Chudan / Tsuki Jodan / Shomen Uchi / Omote Yokomen Uchi

Gyaku Mae Tobu Nage:

Tsuki Chudan / Tsuki Jodan / Shomen Uchi / Omote Yokomen Uchi

Henka Waza:

Shime Waza

Eri Jime:

Tsuki Chudan / Tsuki Jodan / Shomen Uchi / Omote Yokomen Uchi

Kataha Jime:

Tsuki Chudan / Shomen Uchi / Omote Yokomen Uchi

Henka Waza:

Hikitate Waza

Kannuki Hikitate:

Dosokute Dori / Tsuki Chudan / Shomen Uchi / Omote Yokomen Uchi

Hiji Mage Hikitate:

Tsuki Chudan / Tsuki Jodan

Kata:

Emono Waza: Ken Ryu No Kata:

Kote Gaeshi

Tsuki Chudan

Ura Kataha

Tsuki Chudan

Shiho Nage

Omote Yokomen Uchi

Robuse

Maki Uchi

Mukae Daoshi

Maki Uchi

Do Gaeshi

Maki Uchi

Tai Jutsu: Ken Ryu No Kata:

Tsuki Chudan (Migi)

Kote Gaeshi

Tsuki Chudan (Hidari)

Ura Kataha

Omote Yokomen Uchi (Migi)

Shiho Nage

Shomen Uchi (Migi)

Robuse

Shomen Uchi (Migi)

Mukae Daoshi

Omote Yokomen Uchi (Migi)

Do Gaeshi

Wa-No-Seishin (Aiki-Nage): Free

Canalisation (Aiki-Nage): Free

Aikido Yoseikan Examination Yondan

Shodan
Nidan
Sandan

Kata: Hyori No Kata

Randori: Tanto
Tambo
Jo
Ken