

Aikido Training

TACHI (Standing applications) JIU WAZA (Spontaneous application)

BASIC PRINCIPALS

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Gokyo
6. Kotegeishi
7. Shiho Nage
8. Irimi Nage
9. Kaiten Nage
10. Udekimi Nage
11. Juji Nage
12. Koshi Nage
13. Kokyu Nage

ATTACKS

1. Katatetori Ai Hanmi
2. Katatetori Gyaku Hanmi
3. Morotetori
4. Ryotetori
5. Katatori (One lapel)
6. Katatori (Two Lapels)
7. Tski
8. Shomen Uchi
9. Yokomen Uchi
10. Katamen Uchi
11. Ushiro Tekubitori
12. Ushiro Katatori
13. Ushiro Kubishimi

BASE SEQUENCE

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1. Nikyo
 2. Sankyo
-
-
3. Kotegeishi
 4. Shiho Nage
 5. Irimi Nage
 6. Kaiten Nage
 7. Udekimi Nage
 8. Juji Nage
 9. Koshi Nage
 10. Kokyu Nage (*After Base*)

Suvari Waza

Attack(s)

Katatetori, Shomen Uchi

1. Ikkyo
2. Nikkyo
3. Sankkyo
4. Irimi Nage
5. Kotegeishi

Hanmi Handachi

Attack(s)

Katatetori, Shomen Uchi, Yokomen Uchi, Ushiro Katatori

1. Irimi Nage (*all – primarily shomen uchi*)
2. Sankyo (*all – primarily on body*)
3. Shiho Nage (*all – attack*)
4. Kotegeishi (*all*)
5. Kaiten Nage (*all except ushiro*)
6. Juji Nage (*Ushiro attack*)

Free Style basic principal concept(s)

- Pass through (Allow or Direct attackers to pass by or around your position)
- Block out (use attackers to block/ restrict the path of others – try and keep everyone in a line or confused state)
- Primary techniques (Irimi Nage, Udekimi Nage & Kotegeishi)

Nidan & Sandan

Counters (*Kieshi Waza*)

Off of Ikkyo, Nikyo, Sankyo, Kotegieshi, Shiho Nage, Irimi Nage, – Primary –

- Kokyu Nage
- Ikkyo
- Nikyo
- Sankyo
- Irimi Nage
- Kotegeishi

Develop counters off of ALL basic principals – use above basic applications as familiar counter technique.

Combination(s) (*Henka Waza - Switching one technique to another*)

Develop comfort / familiar with ALL basics. This will allow a free flowing exchange.

Weapons

➤ **Tanto** (*Wooden Knife*) – **Tori** (*Defense against*)

- Thrust from a distance (*at least one foot away*)
- Close thrust/stick (*within one foot to positioned on body*)
- Front/Back slash (*or either in a singular attack*)
- Overhead strike
- Rear close quarter (*torso, around throat*)

➤ **Jo** (*Short wooden Staff*) – **Tori** (*Defense against*)

- Shomen
- Tski
- Yokomen

When in possession of **Jo** - develop comfort in handling against single / double hand grabs on weapon, create alternatives if weapon is immobilized by grab(s).