

Aikido

6 months testing requirements

footwork emphasis-- Double tenkan as seen in kotegaeshi

Techniques

- kokyūho katate-tori gyaku-hanmi
- iriminage katate-tori gyaku-hanmi
- kotegaeshi..... katate-tori gyaku-hanmi
- kokyūnage..... katate-tori gyaku-hanmi
- kokyūho (change hanmi) katate-tori gyaku-hanmi
- Shihonage omote (change hanmi)katate-tori gyaku-hanmi

- ikkyo into kaitenagekatate-tori ai-hanmi
- nikyo ura katate-tori ai-hanmi
- sankyo omote katate-tori ai-hanmi
- sankyo ura katate-tori ai-hanmi

- tenchinage ryote-tori gyaku-hanmi

Swari-waza

- nikyo omote katate-tori
- nikyo ura katate-tori

Attacks

- shomen uchi
- yokomen uchi
- tsuki