



合気柔術養正館

Aikijujutsu Yoseikan  
Shiken Dashimono

## Aikijujutsu Yoseikan Rokkyu

**Tai sabaki:** nagashi / hiraki / irimi / o irimi / o irimi senkai

**Ukemi waza:** mae ukemi / ushiro ukemi / yoko ukemi / yoko ukemi tai otoshi

## Aikijujutsu Yoseikan Gokyu

**Te hodoki:** junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori

**Kata:** Tsuki Uchi no Kata

## Aikijujutsu Yoseikan Yonkyu

**Hojo undo:** nigiri gaeshi / negi gaeshi / oshi gaeshi / shinogi / tsuppari

**Kote Waza:**

Kihon waza:	Kote gaeshi:	tsuki chudan (kata kansetsu gatame)
	Negi kote gaeshi:	tsuki jodan (kata kansetsu gatame / juji gatame)

Henka waza: ushiro ryote dori / omote yokomen uchi / ura yokomen uchi

**Kata:** Happoken no Kata

## Aikijujutsu Yoseikan Sankyu

**Te hodoki:** junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori

**Kote Waza:**

Kihon waza: Yuki chigae: tsuki jodan (ude kansetsu gatame)

Henka waza: sode dori / ushiro ryote dori / ushiro kube shime katate dori / ura yokomen uchi

**Kata:** Tambo no Kata

**Randori:** Shite randori

## Aikijujutsu Yoseikan Nikyu

**Te hodoki:** junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

**Ude waza:**

Kihon waza :	Shiho nage:	omote yokomen uchi (ude kansetsu gatame)
	Tembin nage:	dosokute dori (hiji kansetsu gatame)
	Robuse:	dosokute dori (kata kansetsu gatame / waki gatame)
	Ushiro hiji kudaki:	tsuki chudan (hiji kansetsu gatame / waki gatame)

Henka waza: junte dori (irimi-tenkan) / sode dori / ushiro ryote dori / ura yokomen uchi

**Tai waza:**

Kihon waza:	Mukae daoshi:	ura yokomen uchi (kata kansetsu gatame)
	Ura mukae daoshi:	mae geri
	Ushiro hiki otoshi:	tsuki jodan
	Ushiro kata otoshi:	omote yokomen uchi

Henka waza: ushiro ryote dori / tsuki jodan / tsuki chudan

**Kata:** Tanto no Kata

**Randori:** Futari no randori

## Aikijujutsu Yoseikan Ikkyu

**Te hodoki:** junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

**Aiki Nage:** junte dori / ryote dori (2 henka) / ryote ippo dori / ushiro ryote dori / ura yokomen uchi / omote yokomen uchi / tsuki chudan

**Ashi waza:**

Kihon waza:	Ashi tori sukui taoshi:	mae geri
	Ashi tori sukui nage:	ushiro geri
	Ashi gaeshi:	mawashi geri chudan / jodan (ashi gatame)
	Ashi tori oshi taoshi:	tsuki chudan
	Ryo ashi dori:	tsuki jodan

**Kata:** Keri Goho no Kata

**Randori:** Futari no randori  
Futari no randori: goshinjutsu te-geri waza

## Aikijujutsu Yoseikan Shodan

**Te hodoki:** junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

### Kote waza:

Kihon waza:	Kote gaeshi:	tsuki chudan (kata kansetsu gatame / juji gatame)
	Negi kote gaeshi:	tsuki jodan (kata kansetsu gatame)
Henka waza:	ushiro ryote dori / ura yokomen uchi / omote yokomen uchi	
Kihon waza:	Yuki chigae:	tsuki jodan (ude kansetsu gatame)
Henka waza:	sode dori / ushiro ryote dori / ushiro kube shime katate dori / ura yokomen uchi	

### Ude waza:

Kihon waza:	Shiho nage:	omote yokomen uchi (ude kansetsu gatame)
	Tembin nage:	dosokute dori (hiji kansetsu gatame)
	Robuse:	dosokute dori (kata kansetsu gatame / waki gatame)
	Ushiro hiji kudaki:	tsuki chudan (hiji kansetsu gatame / waki gatame)
Henka waza:	junte dori (irimi / tenkan) / sode dori / ushiro ryote dori / ura yokomen uchi	

### Tai waza:

Kihon waza:	Mukae daoshi:	ura yokomen uchi (kata kansetsu gatame)
	Ura mukae daoshi:	mae geri
	Ushiro hiki otoshi:	tsuki jodan (tenkan)
	Ushiro kata otoshi:	omote yokomen uchi
Henka waza:	tsuki chudan / tsuki jodan / ushiro ryote dori	

**Ashi waza:**

Kihon waza:	Ashi tori sukui taoshi:	mae geri
	Ashi tori sukui nage:	ushiro geri
	Ashi gaeshi:	mawashi geri chudan / jodan (ashi gatame)
	Ashi tori oshi taoshi:	tsuki chudan
	Ryo ashi dori:	tsuki jodan

**Kata:**

Tsuki Uchi no Kata

Happoken no Kata

Tambo no Kata

Tanto no Kata

Keri Goho no Kata

Tai Sabaki no Kata

Nagashi (soto):	Hiki otoshi	tsuki chudan
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Nagashi (uchi):	Kubioshi sutemi	tsuki chudan
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Hiraki (soto):	Soto waki tori sutemi	tsuki chudan
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Hiraki (uchi):	Ashi tori oshi taoshi	tsuki chudan
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Irimi (soto):	Mukae daoshi	tsuki chudan
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Irimi (uchi):	Ko uchi gari	tsuki chudan
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O irimi (soto):	O soto gari	tsuki chudan
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O irimi (uchi):	Kata garuma	tsuki chudan
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O irimi senkai (soto):	O irimi tomoe	tsuki chudan
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**Randori:**

Futari no randori

Futari no randori: goshinjutsu te-geri waza

## Aikijujutsu Yoseikan Nidan

### **Kote waza:**

Kihon waza: Gyaku kote gaeshi: yokomen uchi  
Kote kudaki: sode dori (ushiro ukemi / hiji kansetsu)

Henka waza: dosokute dori / junte dori / tsuki chudan

### **Ude waza:**

Kihon waza: Juji garami: ryote ippo dori  
Ude garami: ura yokomen uchi  
Ude kakae mae hiki otoshi (irimi / tenkan): tsuki chudan  
Ude kakae sutemi: tsuki chudan

Henka waza: junte dori / ryote dori / ushiro ryote dori / tsuki jodan / omote yokomen uchi

### **Tai waza:**

Kihon waza: Mae hiki otoshi: tsuki jodan  
Te uchi mata gaeshi: tsuki jodan  
Koshi nage: ryote dori (juji garami / ude kansetsu)

Henka waza: juji jime / ryote dori / ushiro ryote dori / omote yokomen uchi / shomen uchi

### **Tobu waza:**

Kihon waza: Hachi mawashi: dosokute dori

Henka waza: tsuki chudan (irimi) / tsuki jodan

### **Ashi waza:**

Kihon waza: Ko uchi gari: tsuki chudan

### **Emono waza: To no Nage Kata**

Ashi tori oshi taoshi: omote yokomen uchi  
Yuki chigae: maki uchi  
Kote gaeshi: maki uchi  
Tembin nage: o gasumi  
Ura mukae daoshi: maki uchi men



**Kata:**                    **Aikijujutsu Yoseikan Tanto no Kata**

Hiji kudaki:	tsuki chudan
Kote gaeshi:	tsuki chudan
Tembin nage:	tsuki chudan
Yuki chigae:	tsuki chudan
Hiji mage hikitate:	tsuki chudan
Hiki otoshi (irimi):	omote yokomen uchi
Kataha otoshi:	omote yokomen uchi
Kamnuki hikitate:	omote yokomen uchi
Robuse:	ura yokomen uchi
Hiji kudaki:	ura yokomen uchi

**Randori :**            Futari no randori  
Futari no randori: goshinjutsu te-geri waza  
Chikara randori: tanto / tambo

## Aikijujutsu Yoseikan Sandan

### Ude waza:

Kataha otoshi:	tsuki chudan / sode dori
Ura kataha otoshi:	omote yokomen uchi (irimi) / ushiro ryote dori / junte dori
Mae hiji kudaki:	ushiro uwate dori / ura yokomen uchi / tsuki chudan

### Tai waza:

Do gaeshi:	juji jime / omote yokomen uchi / tsuki chudan / tsuki jodan
Gyaku do gaeshi:	tsuki jodan

### Tobu waza:

Mae tobu nage:	tsuki chudan
Gyaku mae tobu nage:	omote yokomen uchi / tsuki jodan

### Shime waza:

Eri jime:	omote yokomen uchi / tsuki chudan
Hadaka jime:	tsuki chudan

### Hikitate waza:

Kamnuki hikitate:	junte dori
Hiji mage hikitate:	tsuki jodan

### Sutemi waza: Yoseikan Ikajo Sutemi Waza

Kubi oshi sutemi:	tsuki chudan
Hazu oshi sutemi:	tsuki chudan
Harite sutemi:	tsuki chudan
Hiji kakae sutemi:	tsuki chudan
Soto waki tori sutemi:	tsuki chudan
Ude tomoe irimi sutemi:	tsuki chudan
Motari komi sutemi:	tsuki chudan
Ushiro irimi kata garuma sutemi:	tsuki chudan
Kataha jime sutemi:	tsuki chudan
Ura kataha sutemi:	tsuki chudan

**Kata:****Ken Ryu no Kata**

Ken Ryu no Kata (Kumi tachi):

Kote giri (Kiri otoshi): tsuki

Kote giri, o gasumi: tsuki

Kesa giri, do giri, maki uchi men: omote yokomen uchi

Kote giri: maki uchi men

Kubi giri: maki uchi men

Torii, kubi giri: maki uchi men

Ken Ryu no Kata (Tai jutsu):

Kote gashi: shomen uchi

Kataha otoshi: tsuki chudan (hidari)

Shiho nage: omote yokomen uchi

Robuse: shomen uchi

Mukae daoshi: shomen uchi

Do gaeshi: yokomen uchi

**Randori:**

Futari no randori

Futari no randori: goshinjutsu te-geri waza

Chikara randori: tanto / tambo

## Aikijujutsu Yoseikan Yondan

### **Sutemi waza: Yoseikan Nikajo Sutemi Waza**

Do gaeshi sutemi:	tsuki chudan
Uchi maki komi sutemi:	tsuki chudan
O irimi tomoe sutemi:	tsuki chudan
Kamnuki oshi sutemi:	tsuki chudan
Kamnuki oshi sutemi (henka):	tsuki chudan
Kamnuki hikitate sutemi:	tsuki chudan
Soto waki tori kubi oshi sutemi:	tsuki chudan
Ushiro sutemi:	tsuki chudan

### **Sutemi waza: Yoseikan Sankajo Sutemi Waza**

Kubi daki sutemi:	ura yokomen uchi (kesa gatame)
Tembin kata sutemi:	omote yokomen uchi
Kata garuma sutemi:	tsuki jodan
Kubi dori sutemi:	tsuki chudan
Ude maki sutemi:	ryo sode dori
Hazu oshi sutemi:	dosokute dori
Uchi maki komi nage sutemi:	ryote dori (kamnuki hikitate)

**Kata:** Hyori no Kata

**Randori:** Futari no randori  
Futari no randori: goshinjutsu te-geri waza  
Chikara randori: tanto / tambo