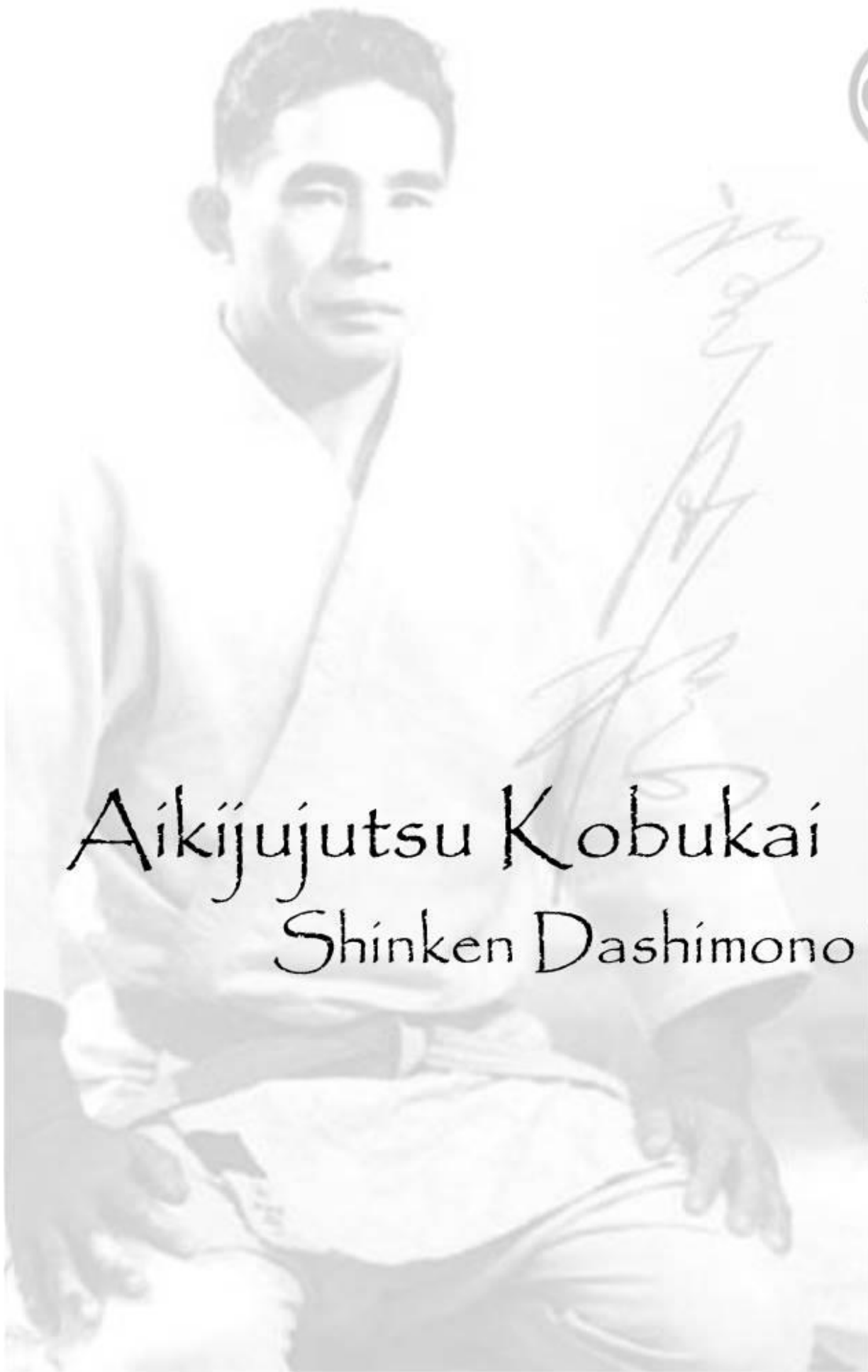




合気柔術養正館

Aikijujutsu Kobukai
Shinken Dashimono



Aikijujutsu Kobukai Rokkyu

Tai sabaki – nagashi / hiraki / irimi / O irimi / O irimi senkai

Ukemi – mae ukemi / ushiro ukemi / yoko ukemi / yoko ukemi tai otoshi

Aikijujutsu Kobukai 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 Kobukai Yonkyu

Hojo undo – nigiri gaeshi – ryote ippo dori / negi gaeshi - Robuse / oshi gaeshi – ryote dori/ 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 Kobukai Sankyū

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 kubi shime katate dori / ura yokomen uchi

Kata - Tambo no kata

Randori - Shite randori

Aikijujutsu Kobukai 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

Ude waza

Kihon waza

Shiho nage: omote yokomen uchi (ude kansetsu gatame)
Tenbin 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 Kobukai 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

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 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 Kobukai 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

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

Kihon waza -

Yuki chigae: tsuki jodan (ude kansetsu gatame)

Henka waza - sode dori / ushiro ryote dori / ushiro kubi shime katate dori /
ura yokomen uchi

Ude waza

Kihon waza -

Shiho nage: omote yokomen uchi (ude kansetsu gatame)

Tenbin 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 – 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 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
Nagashi uchi	Kubi oshi sutemi	tsuki chudan
Hiraki soto	Soto waki tori	tsuki chudan
Hiraki uchi	Ashi tori oshi taoshi	tsuki chudan
Irimi soto	Mukae daoshi	tsuki chudan
Irimi uchi	Ko uchi gari	tsuki chudan
O irimi soto	O sote gari	tsuki chudan
O irimi uchi	Kata garuma	tsuki chudan
O irimi senkai	O irimi tomoe	tsuki chudan

Randori -

Futari no randori

Futari no randori – goshinjutsu te-geri waza

Aikijujutsu Kobukai Nidan

Kote waza

Kihon waza -

Gyaku kote gaeshi: yokomen uchi
Kote kudaki: sode dori (ushiro ukemi / kata kansetsu gatame)

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 gatame)

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
Tenbin nage	O gasumi
Ura mukae daoshi	Maki uchi men

Aikijujutsu Kobukai Tanto no Kata

Hiji kudaki	tsuki chudan
Kote gaeshi	tsuki chudan
Tenbin 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 Kobukai Sandan

Ude Waza

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

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 chudan

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 – Kobukai 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	tsuki chudan
Kataha jime sutemi	tsuki chudan
Ura kataha sutemi	tsuki chudan

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 gaeshi	shomen uchi
Kataha oshi	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 Kobukai Yondan

Sutemi waza – Kobukai 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 – Kobukai Sankajo Sutemi Waza

Kubi daki sutemi	ura yokomen uchi (kesa gatame)
Tenbin 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

