



Southport Muto Aikido Club

<b>TAIJUTSU</b>
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<b>5TH KYU – YELLOW BELT</b>
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ATENDANCE – Minimum 15 Lessons
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UKEMI
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1. Forward / backward break falls
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2. Tae-no-henko – tenkan (turning) / kaiten (turning on the balls of the feet)
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<b>IKKYO (1st principle)</b>
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3. Ai-hamni Katate-dori Ikkyo (opposite wrist grab)
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4. Gaku-hamni Katate-dori Ikkyo (same side wrist grab)
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<b>SHIO-NAGE (4 directional throw)</b>
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5. Ai-hamni Katate-dori Shio-nage (wrist grab)
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6. Gaku-hamni Katate-dori Shio-nage (wrist grab)
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<b>KOTE-GAESHI (small turn of the wrist technique)</b>
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7. Ai-hamni Katate-dori Kote-gaeshi (wrist grab)
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8. Tsuki Kote-gaeshi (punch)
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<b>KOKYO-NAGE (breath throw)</b>
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9. Seiza-waza.Ryote-dori Kokyo-nage (Kneeling with both wrists held from the front)
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<b>KOBUDO</b>
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<b>5<sup>th</sup> Kyu - YELLOW</b>
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Jo dori Ikkyo
Jo dori Kokyo
Jo Tsuki Ikkyo
Jo Tsuki Kokyo
Tsuki - Jo Atemi / techniques (2)
Ken Suburi (4)
Happo Giri (4)
Migi hamni blend from bokken strike
Hidari hamni blend from bokken strike
20 Jo Suburi (5)
31 movement Jo kata (5)
Jo Atemi Basic 8 movements (3)