

ISLAND AIKIDO – SHINBUKAN DOJO

1st Kyu – Brown Belt

1. **KAMAE**
Basic stance, right and left sides
2. **BUKI WAZA – KIHON DOSA RENZOKU** [video](#)
United basic movements with bokken
3. **HIRIKI NO YOSEI ICHI TO NI SOTAE DOSA**
Elbow power #1 and #2 with partner
4. **ZENPO KAITEN UKEMI SAN**
Front breakfall #3
5. **HYAKU UKEMI**
Jumping front breakfall (solo)
6. **SUWARI WAZA RYOTEMOCHI KOKYU HO ICHI** [video](#)
Both sitting both wrist grasp breath method #1
7. **SUWARI WAZA RYOTEMOCHI KOKYU HO NI** [video](#)
Both sitting both wrist grasp breath method #2
8. **KATA MOCHI IKKAJO OSAE ICHI** [video](#)
Shoulder grasp first control pin #1
9. **KATA MOCHI IKKAJO OSAE NI** [video](#)
Shoulder grasp first control pin #2
10. **SHOMEN UCHI KOTEGAESHI NAGE OSAE ICHI** [video](#)
Front strike reverse hand throw and pin #1
11. **SHOMEN UCHI KOTEGAESHI NAGE OSAE NI** [video](#)
Front strike reverse hand throw and pin #2
12. **KATATE MOCHI YONKAJO OSAE ICHI** [video](#)
One wrist grasp fourth control pin #1
13. **KATATE MOCHI YONKAJO OSAE NI** [video](#)
One wrist grasp fourth control pin #2
14. **SHITE WAZA (Nippon mei)**
Two previous techniques appointed by examiner
15. **SHOMEN TSUKI JIYU WAZA**
Freestyle training from front punch