

ISLAND AIKIDO – SHINBUKAN DOJO

2rd Kyu – Brown Belt

1. **KAMAE**
Basic stance, right and left sides
2. **TAI NO HENKO ICHI TO NI (SOTAE DOSA)**
Cross-step-in body change and 95 degree pivot (with partner)
3. **BUKI WAZA – SHUMATSU-DOSA ICHI TO NI** [video](#)
Bokken technique – After-class exercise #1 and #2
4. **ZENPO KAITEN UKEMI SAN** [video](#)
Forward breakfall #3
5. **HIYAKU UKEMI (SOTAE DOSA)** [video](#)
Jumping front breakfall (with partner)
6. **SHOMENUCHI YONKAJO OSAE ICHI** [video](#)
Front strike fourth control pin #1
7. **SHOMENUCHI YONKAJO OSAE NI** [video](#)
Front strike fourth control pin #2
8. **SHOMENUCHI SANKAJO OSAE ICHI** [video](#)
Front strike third control pin #1
9. **SHOMENUCHI SANKAJO OSAE NI** [video](#)
Front strike third control pin #2
10. **KATA MOCHI NIKAJA OSAE ICHI** [video](#)
Shoulder grasp second control pin #1
11. **KATA MOCHI NIKAJA OSAE NI** [video](#)
Shoulder grasp second control pin #2
12. **SHITE WAZA (Nippon mei)**
Two previous techniques appointed by instructor
13. **SHOMEN TSUKI JIYU WAZA**
Freestyle training from body punch – assigned pattern
14. **SHOMEN UCHI JIYU WAZA**
Freestyle training from front strike (open technique selection)

(Continued...)

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2nd Kyu – Assigned pattern for Jiyu Waza (freestyle) from body punch

1. Left: Elbow breath throw #2 (hijiate kokyu nage ni)
2. Right: Elbow breath throw #2 (hijiate kokyu nage ni)
3. Left: avoid
4. Right: avoid
5. Left: First control throw (ikkajo nage) from cross-step pivot
6. Right: First control throw (ikkajo nage) from cross-step pivot
7. Left: avoid
8. Right: avoid
9. Left: Front step-in throw #2 (shomen iriminage ni) from cross-step pivot
10. Right: Front step-in throw #2 (shomen iriminage ni) from cross-step pivot
11. Left: avoid
12. Right: avoid
13. Left: Step in, face thrust (irimi tsuki)
14. Right: Step in, face thrust (irimi tsuki)
15. Left: Side step-in throw #2 (sokomen iriminage ni) from cross-step pivot
16. Right: Side step-in throw #2 (sokomen iriminage ni) from cross-step pivot