

ISLAND AIKIDO – SHINBUKAN DOJO

3rd Kyu – Brown Belt

1. **KAMAE**
Basic stance, right and left sides
2. **SHUMATSU-DOSA ICHI TO NI (SOTAE DOSA)** [video](#)
After-class exercise #1 and #2 (with partner)
3. **BUKI WAZA – TAI NO HENKO ICHI TO NI** [video](#)
Bokken technique – Cross-step-in body change and 95 degree pivot
4. **ZENPO KAITEN UKEMI SAN** [video](#)
Forward breakfall #3
5. **HIYAKU UKEMI (SOTAE DOSA)** [video](#)
Jumping front breakfall (with partner)
6. **SHOMENUCHI HIJATE KOKYU NAGE ICHI** [video](#)
Front strike elbow breath throw #1
7. **SHOMENUCHI HIJATE KOKYU NAGE NI** [video](#)
Front strike elbow breath throw #2
8. **KATATE MOCHI IKKAJO OSAE ICHI** [video](#)
One wrist grasp first control pin #1
9. **KATATE MOCHI IKKAJO OSAE NI** [video](#)
One wrist grasp first control pin #2
10. **SHOMEN TSUKI KOTEGAESHI NAGE OSAE ICHI** [video](#)
Body punch reverse hand throw and pin #1
11. **SHOMEN TSUKI KOTEGAESHI NAGE OSAE NI** [video](#)
Body punch reverse hand throw and pin #2
12. **SHITE WAZA (Ippon mei)**
One previous technique appointed by instructor
13. **KATATE MOCHI JIYU WAZA**
Freestyle training from one wrist grasp – assigned pattern

(Continued...)

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3rd Kyu – Assigned pattern for Jiyu Waza (freestyle) from one wrist grasp

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