

ISLAND AIKIDO – SHINBUKAN DOJO

4th Kyu – Green Belt

1. **KAMAE**
Basic stance, right and left sides
2. **SHIKKO-HO** [video](#)
Knee-walking
3. **ZENPO KAITEN UKEMI ICHI, NI, SAN** [video](#) (at 5:20)
Forward breakfalls #1, #2 and #3
4. **UKEMI YON**
Side breakfall – with hitting
5. **HIRIKI NO YOSEI ICHI (SOTAE DOSA)** [video](#)
Elbow power #1 (with partner)
6. **HIRIKI NO YOSEI NI (SOTAE DOSA)** [video](#)
Elbow power #2 (with partner)
7. **YOKOMENUCHI SHIHONAGE OSAE ICHI** [video](#)
Side strike all direction pin #1
8. **YOKOMENUCHI SHIHONAGE OSAE NI** [video](#)
Side strike all direction pin #2
9. **RYOTE MOCHI TENCHINAGE NI** [video](#)
Both wrists grasp heaven and earth throw #2
10. **SHOMENUCHI YONKAJO OSAE ICHI** [video](#)
Front strike fourth control pin #1
11. **SHOMENUCHI YONKAJO OSAE NI** [video](#)
Front strike fourth control pin #2
12. **MUNE MOCHI HIJI SHIME ICHI** [video](#)
Chest grasp elbow lock #1
13. **MUNE MOCHI HIJI SHIME NI** [video](#)
Chest grasp elbow lock #2
14. **SHITE WAZA (Ippon mei)**
(One previous technique)