

ISLAND AIKIDO – SHINBUKAN DOJO

5th Kyu – Green Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **SHIKKO-HO** [video](#)
Knee-walking
3. **KOHO UKEMI ICHI TO NI** [video](#)
Back breakfalls without and with hitting
4. **ZENPO KAITEN UKEMI ICHI, NI, SAN** [video](#) (at 5:20)
Forward breakfalls #1, #2 and #3
5. **HIRIKI NO YOSEI ICHI** [video](#)
Elbow power #1 (solo)
6. **HIRIKI NO YOSEI NI** [video](#)
Elbow power #2 (solo)
7. **KATATE MOCHI HIJATE KOKYUNAGE ICHI** [video](#)
One wrist grasp elbow breath throw #1
8. **KATATE MOCHI HIJATE KOKYUNAGE NI** [video](#)
One wrist grasp elbow breath throw #2
9. **RYOTE MOCHI TENCHINAGE ICHI** [video](#)
Both wrists grasp heaven and earth throw #1
10. **SHOMENUCHI SANKAJO OSAE ICHI** [video](#)
Front strike third control pin #1
11. **SHOMENUCHI SANKAJO OSAE NI** [video](#)
Front strike third control pin #2
12. **KATATE MOCHI SOKUMEN IRIMINAGE ICHI** [video](#)
One wrist grasp side step in throw #1
13. **KATATE MOCHI SOKUMEN IRIMINAGE NI** [video](#)
One wrist grasp side step in throw #2
14. **SHITE WAZA (Ippon mei)**
(One previous technique)